



**World
PT Day
2025**



FALLS PREVENTION

#2

Falls are the second leading cause of unintentional injury deaths worldwide

How physiotherapy can help prevent falls

Exercise is key to fall prevention - physiotherapists are experts in prescribing individualised exercise programmes to help improve your:



strength and balance



coordination



flexibility



**World
Physiotherapy**

#WorldPTDay

www.world.physio/wptday