



Central Avenue Physiotherapy

302 Central Avenue North
Swift Current, SK
S9H 0L4

Phone: 306-773-8313 Fax: 306-773-8316

Website: www.achesandsprains.com
Email: admin.centralave@sasktel.net

Seniors Weeks

October 15-19, 2024

Free Functional Risk Assessment

Exercise Therapists: Ashley Roh and Kassie Schneider

Dates/time available:

October 15th - 11:00am-12:00pm & 2:00pm-3:00pm

October 16th - 11:00am-12:00pm & 2:00pm-3:00pm

October 17th - 3:30pm-4:30pm

October 18th - 11:00am-12:00pm & 2:00- 3:00pm

Functional Risk Assessment

This assessment involves a balance, grip strength and a sit to stand test. The outcome of each test provides important markers on health and the current risk of falls and/or injury. Outcomes from the assessments can also help to interpret current risk for developing osteoporosis, loss of physical functionality, cognitive impairment and changes to cardiovascular health. Seniors interested in a functional risk assessment are to call Central Avenue Physiotherapy and reserve their spot!

Wheel of Wellness

All seniors are welcome to stop by Central Avenue Physiotherapy clinic to spin the “wheel of wellness” for a chance to win a gift basket! By spinning the wheel, seniors will be challenged to complete a cognitive, a wellness related task or even win prizes!

Gift Basket

Seniors are entered to win a gift basket by: taking part in a functional risk assessment, signing up for one of our group programs or spinning the wheel of wellness!