



Get back
to what
MOVES
You!



SENIOR CARE SERVICES



Outpatient Therapy On-site

MOTION is offering our patients comprehensive therapy services including physical, occupational and speech therapy. Trained therapists will help you gain better control over specific conditions along with helping you lead a more active, engaging, day-to-day lifestyle.

- **Balance and Falls Resolution Programs**
- **Memory Care and Cognitive Enhancement Programs**
- **Ambulatory, Mobility and Gait Programs**
- **Pain Management**
- **Improved Strength, Coordination and Range of Motion**



MOTION PT Group

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Mayfair Village

3310 Tates Creek Rd, Suite 105

Lexington, KY 40502

Visit seniorcare.motionptg.com to learn more.

Be Well. Be You.

ABOUT US

MOTION PT Group® offers an innovative and convenient model for physical, occupational and speech therapy services for seniors. Our MOTION PT Group experts deliver this revolutionary program close to home, at the nearest participating senior living community.



WE DELIVER RESULTS

With MOTION PT Group Senior Care Services, you'll lead a more active, engaging, day-to-day lifestyle. Our highly-skilled team develops a comprehensive therapy plan designed specifically for you. You'll achieve lasting results.

MOTION Senior Care Services deliver the results that matter most:

- ▶ Improved function and independence
- ▶ Reduced falls and falls with injury
- ▶ Increased cognition and mental health

WHAT'S THE DIFFERENCE?

Confused about which therapy is right for you? You're not alone. Let's breakdown the differences between **physical**, **occupational** and **speech therapy**. Each one can help you, depending on the service you need.



Physical Therapy: Focuses on improving the ability to perform movement of the human body.



Occupational Therapy: Focuses on improving the ability to perform activities of daily living.



Speech Therapy: Focuses on treating speech, language, social and cognitive communication, and swallowing disorders.

Don't forget to ask us about our MOTION FIT program!

