



Freedom Through Functionality

Physical benefits may include:

- Improved transfers
- Increased walking speed
- Decreased risk of falling
- Greater range of motion
- Reduction in joint pain
- Enhanced ability to perform activities of daily living

At Aegis Therapies, we believe people of all ages and physical conditions have much to gain from exercise and staying physically active. That's why we have partnered with Nautilus® to offer a strength-building program designed specifically for seniors.

Freedom Through Functionality (FTF) provides Nautilus equipment modified for seniors, paired with exercise programs developed by experts in geriatric rehabilitation. This proven program is modeled after clinical studies that show the most effective way to increase independence and functionality in older people is through a regular program of strength-building exercise.

More than just physical benefits

Exercise not only improves a person physically, it may also make a difference in their emotional and mental health. Gaining the strength to perform basic activities of daily life—without the aid of others—boosts confidence and restores dignity.

Our inpatient seniors aren't the only ones who can benefit from this program—outpatient and community wellness program participants have also enjoyed significant results. In addition to remarkable physical improvements, Freedom Through Functionality provides an important social outlet for patients and community members.



877-877-9889
www.aegistherapies.com