

## The Physical Therapy Perspective: Balance and Stability

It's estimated that 1 in 3 adults over the age of 65 will experience at least one fall. Whatever the state of your physical fitness and no matter your age, you can improve your balance.

**Join us for a live online information session on balance with a UCSF Physical Therapist.**

We will discuss the components of balance, its development over the lifespan and current evidence on physical therapy interventions to assess and address balance deficits. Join us to discuss recommendations for strengthening, stretching, and fall prevention. A question and answer session will follow the presentation.

**Tuesday, September 21, 2021 at 7:00PM-8:30PM**

**Registration Fee: \$15**

**Register at:** <https://ptrehab.ucsf.edu/physfit-health-w-center/payment>

**Please include presentation title in  
"Additional Information" text box**



Zoom information will be sent via e-mail within 24-hours of registration.



### Alexander Dien, PT, DPT

Alexander Dien, PT, DPT, is a Board Certified Neurologic Clinical Specialist. Currently, he sees patients at UCSF Mt Zion Outpatient Clinic and is an Assistant Clinical Professor in the UCSF Department of Physical Therapy and Rehabilitation Sciences.