

# Top 10 Signs

## Physical Therapy Is Needed

When you notice any of the following, alert the therapy department.

1

### LOSS OF BALANCE, RECENT FALL, OR FALL RISK

Grabs for support – wall,  
caregiver, furniture – more often



5

### MOANING GROANING, or sighing when moving after being seated



8

### FATIGUE & Weakness

9

### FEAR OR PANIC when performing activities while standing

2

### Mentions Tightness in **HIPS, KNEES,** or **ANKLES,** affecting Mobility



6

### Audible **BREATHING** Poor Endurance



3

### Requests a **WHEELCHAIR**



7

### PRE & POST **SURGERY** Conditioning & Strengthening



4



### Asks for Help **TRANSFERRING**

10

### ILLNESS RECOVERY

- » COVID-19
- » Pneumonia
- » Stroke
- » Head or spinal cord injuries
- » Cardiac issues