



Strong and Steady Program

About the program

Welcome to the Strong and Steady Program. Our goals are to provide you with the tools to:

- **Maintain or increase your level of independent physical function.**
- **Enhance your health through exercise.**

We use a combination of exercise and education to reach these goals.

Services provided through the Strong and Steady Program include:

- Physical therapy sessions designed for you.
- A fitness program designed for your needs.
- Education focused on the importance of exercise for maintaining health and how to stay active and healthy.

The ability to function independently greatly affects your quality of life. Being able to move safely during daily activities such as toileting, dressing, cleaning, and shopping can help you to live independently longer.

In addition, physical inactivity has been linked to higher risk of heart disease, colon cancer, high blood pressure, obesity, and falls. In the Strong and Steady Program, you will work on exercises and mobility skills to reach and maintain a high level of physical function.

The program includes a detailed evaluation and an exercise program designed for your needs. The evaluation focuses on:

- Assessment of balance, mobility, and fall risk.
- Components of function such as strength, flexibility, and coordination.

The exercises are used to maintain or increase your level of independent physical function and enhance your health.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help at any time.

For appointments, call between 8 a.m. and 4:30 p.m. Monday through Friday:

8-East Physical Therapy:
206-598-4830

Roosevelt Exercise Training Center:
206-598-2888

Appointments are scheduled daily between 8:15 a.m. and 3 p.m.

The Tools

Strengthening Exercises

Research has shown that we can continue increasing our strength through exercise until at least the 10th decade of life. Working with your physical therapist, you will learn how to do strengthening exercises safely and which muscles are important to strengthen to maintain mobility.

Balance Retraining

You will learn exercises that enhance the balance system and strategies to maintain balance during challenging activities.

Aerobic Conditioning

This part of physical fitness helps you to maintain function. We will provide you with the information and training needed to begin exercise to increase your aerobic fitness.

Flexibility Exercises

Flexibility and range of motion are important parts of all mobility skills. We will teach you how to stretch safely as well as teach you exercises to maintain flexibility, range of motion, and good postural alignment.

Gait Retraining

If needed, we will work on things such as using a cane or walker and how to safely cross a busy street, or negotiate crowded or cluttered spaces.

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