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Chatham Senior Centers offer physical therapy & fall prevention services

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Pittsboro, NC - The Chatham County Council on Aging and Mobile Rehab, LLC have collaborated to offer general physical therapy services as well as exercises and therapy services related to preventing falls. The new services are available by appointment at the Siler City and Pittsboro Senior Centers, Monday through Friday.

A local resident, Josephine Cicero reports that “the convenience of having physical therapy at the senior center is just right for me. The therapy has helped a lot to reduce my pain and improved my function.”

The physical therapy collaboration supports two important priorities for the senior centers, according to Angel Dennison, executive director of the Council on Aging.

“First, it provides an effective, accessible, evidence-based falls prevention program. Injuries resulting from falls continue to be the number one cause of accidental death among older adults. Mobile Rehab provides professional expertise to the Council’s Balance 101 screening and exercise program, offered through our Bridges to Wellness Program.”

A second benefit is that the new services will improve accessibility and convenience for health care, rehabilitative and preventive services. “By offering physical therapy services in the senior centers, older adults throughout the county who come to our senior centers for lunch, exercise classes and wellness programs can also make appointments for Mobile Rehab’s services.”

Dennison said that the Council on Aging provides transportation to both senior centers for as many as 85 people a day.

Joshua Cohen, physical therapist for Mobile Rehab said, “Our goal is to provide affordable, accessible, and superior physical therapy services to older adults in Chatham County to support their efforts to live independently. All diagnoses are welcome.”

Services include the full range of physical therapy, including



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computer-based interactive programs to improve strength and balance and to reduce the risk of falls.

Mobile Rehab, LLC offers flexible co-payment rates for patients with financial burdens. All billing is filed for the patients through Medicare as well as any secondary insurance coverage.


To Make Appointments: Senior citizens from Chatham County interested in receiving physical therapy services should contact Mobile Rehab, LLC at 919-636-2423. Residents can fax physician prescriptions and their contact information directly to Mobile Rehab at 919-883-5365. More information can be found at www.mobilerehabnc.com.

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