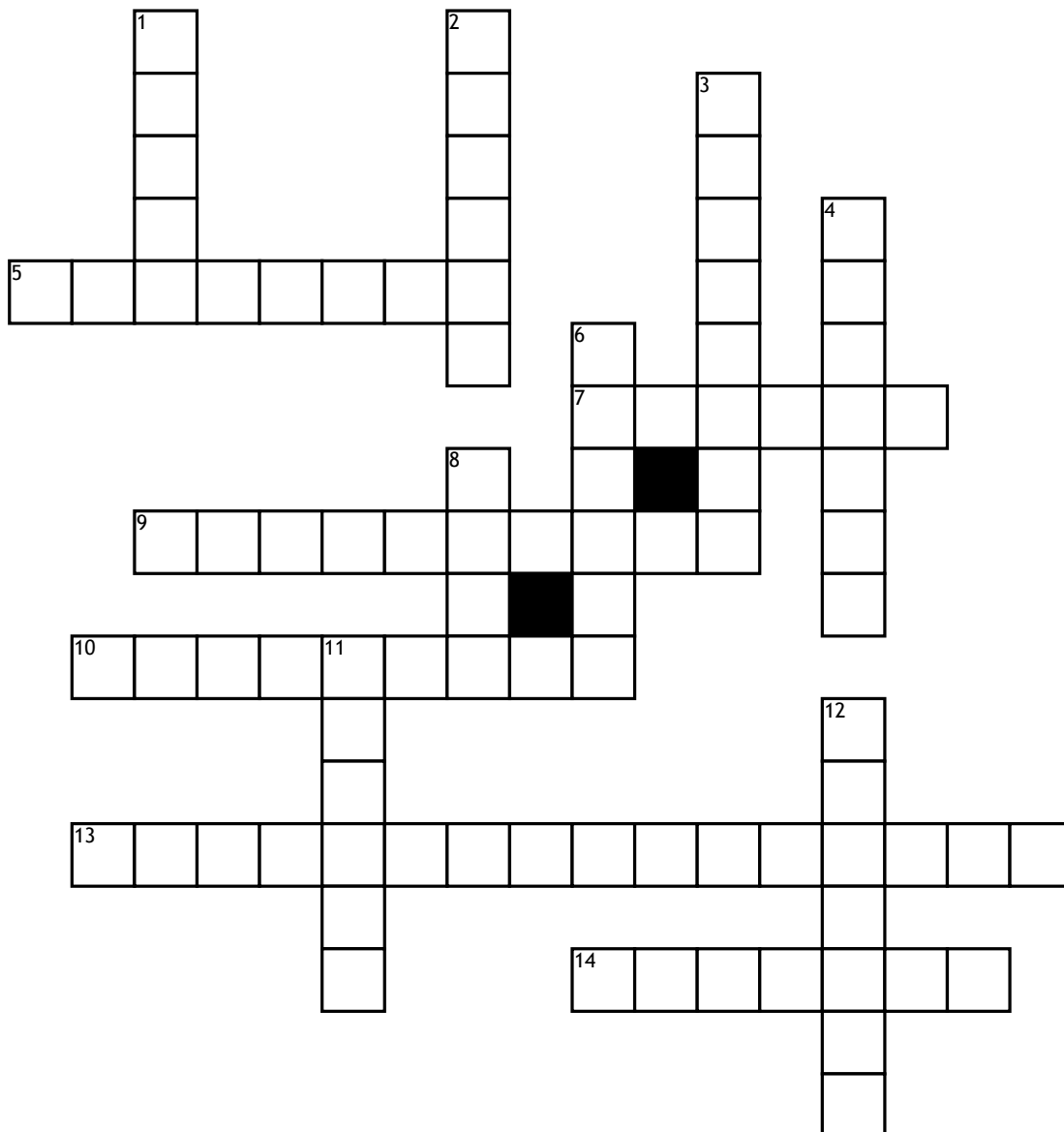


Happy Physical Therapy Month



Across

- 5. Helps to maintain strength and range of motion
- 7. Recommended minutes of daily exercise
- 9. Another term used for walking
- 10. Term used to describe moving from one surface to another
- 13. NWB

- 14. Improve this to prevent falls

Down

- 1. Pain from a new injury or from sudden onset
- 2. Device with 2 or 4 wheels
- 3. Number 1 goal of Physical Therapy is to promote independent

- 4. " Stand Tall" for better this
- 6. Needed to get into your house or to 2nd floor
- 8. Used in one hand for increased balance
- 11. Using your hands when sitting or standing increases this
- 12. Pain or injury lasting for more than 3 months