

Blake & Associates Celebrates 35th Year

Blake & Associates Physical Therapy is celebrating its 35th year in business this year. We are proud to have beaten the odds for a small business and proud that in the changing medical climate we have survived.

Blake & Associates was founded in 1979 by Catherine (Katie) Blake. Katie was the Chief of Physical Therapy at St. George Hospital when she decided that she wanted to open her own physical therapy private practice. This was a coura-

geous and groundbreaking decision because at the time there were no other physical therapy private practices in Cincinnati.



From the beginning Katie wanted excellent care for the patients of her practice. She wanted private rooms so that patients

had privacy and she wanted a light-hearted friendly staff and atmosphere to compliment her wonderful sense of humor.

Katie passed away in 2007, but she lives on in the practice she loved. The staff she assembled has been together for many years because there is no other practice like Blake & Associates. Excellent care, a beautiful facility, and a friendly staff will always be the hallmarks of Blake & Associates Physical Therapy.

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Safe Summer Exercising

- ◆ Acclimate to temperature change
- ◆ Stay Hydrated
- ◆ Slow down
- ◆ Wear light, breathable clothing
- ◆ Exercise early or late
- ◆ Consult your doctor or pharmacist
- ◆ Use Common Sense

Let's Talk About Balance

Balance is a complicated function that depends on information from the visual system, the vestibular system in the middle ear, and the sensory system. It also requires adequate strength in the muscular system. A problem in one or more of these systems can cause difficulties with balance. Walking requires us to move our bodies over our feet. Standing requires us to maintain our bodies in a stable position.

Stand at the kitchen counter with your fingertips on the counter; then shift

your weight onto one of your feet and lift the other foot off the ground. Now can you lift your fingertips off the counter and still keep your balance for several seconds?

Can you stand up from a chair without pushing with your arms?

These are just a couple quick screening tests for balance. If you suspect you have a problem with balance, please consider talking with your primary health care provider. At Blake & Associates Physical Therapy, we have a special balance evaluation

and treatment unit called a Biodex. The Biodex is a computerized unit that gives a print out of the results of balance tests and a baseline for therapeutic exercise.



Insurers, including Medicare, understand that if a fall can be prevented they are saved expense; thus they will pay for a



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