

OTAGO

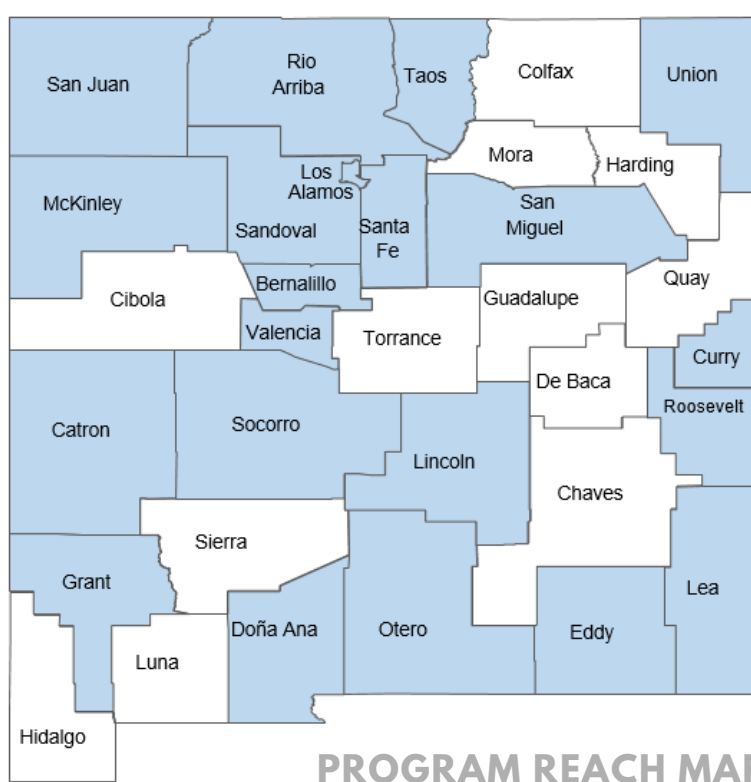
@NMDOH



WHAT IS OTAGO?

OTAGO is an exercise program facilitated by a physical therapist or physical therapist assistant in the clinical or community setting. The intervention consists of two phases, the clinical phase and the self-management phase.

The first phase is an eight-week instruction led by the physical therapist or assistant. The second phase transitions into a four to ten month period of self-care. During this phase, the program participant continues practicing the exercises learned in phase one, without led instruction.



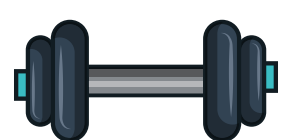
MEET THE INSTRUCTOR

BETH BLACK

Beth Black, PT, Board Certified Geriatric Physical Therapist, has worked in the practice areas of acute care, homecare, inpatient acute rehab, and private pay wellness services, with a previous work history in business management and social work. She has been a member of the New Mexico Adult Falls Prevention Coalition since 2008 and a member of the Executive Committee since 2013. Beth is active in professional organizations including the New Mexico chapter of the American Physical Therapy Association and the Academy of Geriatric Physical Therapy. Her Primary areas of professional interest are falls prevention, hospice and palliative care, public health and ethics.



REDUCED FALL-RATE



8

WEEK LED INSTRUCTION



4

MONTH SELF-CARE PERIOD

242



INDIVIDUALS TRAINED IN OTAGO



ADULT FALLS PREVENTION
NEW MEXICO'S EVIDENCE-BASED INTERVENTIONS
WWW.NMHEALTH.ORG/ABOUT/ERD/IBEB/OAFP