



PROMOTE 20/20 BRAIN HEALTH



With every heartbeat, **20%** of the blood in the body is headed to the brain, where **20%** or more of the oxygen in that blood is used by a healthy brain.

Good Blood Flow + Good Oxygenation = 20/20 Brain Health

Be **SMART**...ask your Physical Therapist about ways to improve your brain health!

Monitor your blood pressure. At least FIVE separate blood pressures measures are needed to determine accurate blood pressure control and effective medication dosing.¹

1. Powers, B. et al Measuring Blood Pressure for Decision Making and Quality Reporting: Where and How Many Measures? *Ann Intern Med.* 2011; 154:781-788.

Engage your patients in activities and discussions

focused on 20/20 Brain Health:

Establish a blood pressure tracking record.

Screen for orthostasis and hypertension.

Test aerobic fitness with the 6-minute walk or pedal test.

Take spirometry measures of functional **lung** capacity.

Assess posture, especially ribcage expansion range.

Teach self-assessment of **pulse** rate.

Promote awareness of how alcohol, smoking and inadequate sleep affect the health of the brain.