
Health Promotion and Wellness SIG: Chair



Frances E. Kistner, PT, PhD

I am excited at the opportunity to serve and support APTA Geriatrics. I am a physical therapist who has a passion for working with older adults. I have worked with the geriatric population for many years and have utilized a variety of non-traditional methods to facilitate movement and recovery, such as tapping into my past as an Arthur Murray dance instructor. I believe movement is key for physical and cognitive health, and I strongly believe that, as PTs, we have great skills and opportunities to empower adults to move, engage, and live well while we optimize their experience of aging. It is critical that we share our knowledge and experiences, and expertise gained from CEEAA, LSVT and other quality resources with adults of all ages. I believe in empowering others to be their own best self, to prevent injuries, and to stay active and independent as much as possible. I hope to always be able to encourage others to be healthy and active long into their golden years.