



connections
PHYSICAL THERAPY

NEWSLETTER

HOW PHYSICAL THERAPY CAN HELP COMMON HEALTH RISKS IN PEOPLE OVER 60



ALSO INSIDE

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INVEST IN YOUR HEALTH THIS SUMMER!



HOW PHYSICAL THERAPY CAN HELP COMMON HEALTH RISKS IN PEOPLE OVER 60



Are you worried about how getting older is affecting your health? Have you put off taking care of yourself and now find your aches and pains seem to be limiting what you can do? At Connections Physical Therapy, our physical therapists can address your overall health and guide you back to feeling good again!

As we age, our bodies become more susceptible to certain health risks, causing us to slow down and risk additional problems. We begin to notice the wear and tear that has developed throughout the years is limiting more and more of our everyday activities.

Age brings a higher risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. In adults 60 and older, these chronic conditions lead to serious illness, disability, and death.

Luckily, physical therapy can help improve some of the health conditions that your body may experience with age. If you are looking for solutions, Connections Physical Therapy can help!

Call our office today for more information.

What Are The Most Common Age Related Health Conditions

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. According to the World Health Organization, between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. It is important to know what challenges to look out for when you reach age 60 and above.

For most older adults, good health ensures independence, yet far too many struggle every day with health and safety challenges such as chronic disease, falls, and mental health issues. All of these conditions can severely impact your quality of life.

Some common health issues people face as they age include chronic diseases like cardiovascular disease, hypertension, cancer, osteoporosis, osteoarthritis, and diabetes have a significant impact on your health and function.

Normal aging causes changes to our sensory system (i.e., eyes, ears, touch, taste, and smell) and changes to muscle strength and fat makeup. There are many regular age-related changes in the immune system, including a chronic inflammatory state and changes to our bowel and bladder function.

One of the most important considerations is how aging affects our cognitive health. Significant changes to our psychological and cognitive function lead to conditions like dementia/Alzheimer's and depression. These types of health risks impair one's memory, making it difficult to remember and recall as quickly as they used to, in addition to hindering the ability to learn new things.

Our physical function is affected due to the changes in our muscles and joints. This leads to an expected reduction in our walking speed and overall mobility decline. Unfortunately, these changes also make us more susceptible to falls. Falls are the leading cause of injury among older adults.

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How Physical Therapy Can Help!

There are some preventative measures that you can take on your own to try and avoid some of these health conditions; however, sometimes, the aid of a professional becomes necessary. Physical therapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Together with our physical therapists, we can create a physical exercise plan to ensure you're getting as much physical activity as you can throughout the day. This will include treatment-specific exercises to increase strength and overall mobility to help prevent other health issues.

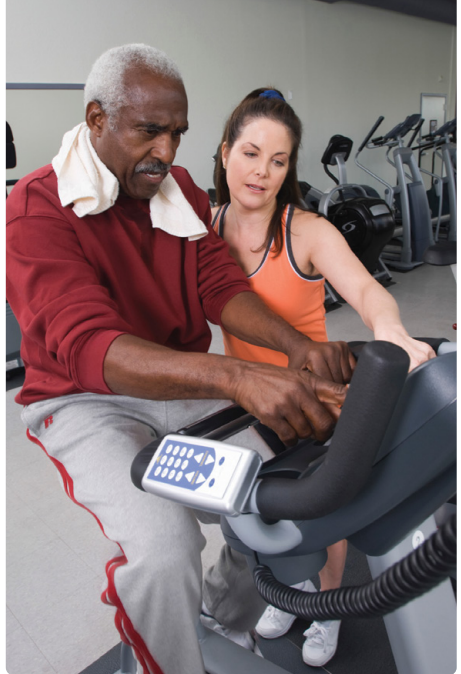
It is also essential to maintain a healthy diet, ensuring you have sufficient protein to help with bone strength and minimize muscle wasting. Our physical therapists can help set up a meal plan for you to ensure you're getting the nutrients you need and maintaining a healthy weight.

Your physical therapist may also suggest at-home exercises for you to do. They may also offer another form of treatment, such as aquatic therapy, to increase muscle strength and ease discomfort.

Call Today To Schedule An Appointment

If you are suffering from some of these health conditions or think you might be, give our team at Connections Physical Therapy a call today.

We'll be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. Aging doesn't have to be as daunting as it seems - our physical therapists can help you maintain your highest quality of life!



Our Goal Is To Help You Reach Yours!

Scan the QR Code to visit our website and schedule your appointment!

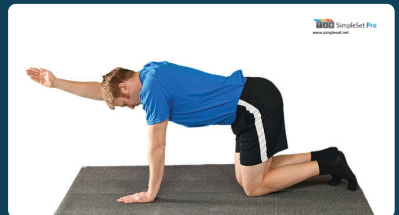
Sources:
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<https://www.ncoa.org/article/the-top-10-most-common-chronic-conditions-in-older-adults>
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EXERCISE ESSENTIAL

FOUR POINT + ARM RAISE

Start on hands and knees, hips and shoulders at 90°. Lift one arm out front. Bring it back down and then repeat on opposite side. 8-10 times on both arms. This exercise helps with tightness in the neck and shoulders.

*This exercise is designed for pain prevention.
Call your therapist if you are experiencing any pain!*





Invest In Your Health This Summer!

Your health is your greatest asset; it impacts every aspect of your life. We sometimes take our good health for granted until we get sick or become injured or make unhealthy choices for the sake of convenience. Maybe we even ignore painful injuries, citing that we don't have the time or money to treat them.

The truth is, your health is an investment. Ignoring painful injuries or conditions or making unhealthy choices that seem like the "easiest" option will only hurt us in the long run and result in much more money and time spent.

You should never put off treating your pain. This could result in long-term problems that may require surgery or expensive treatments down the road. On the other hand, physical therapy is an affordable option that can help treat your pain before it accelerates to the point of no return.

Not only can a physical therapist treat your pain, but they can also make recommendations on how you can live a healthier lifestyle. If you struggle with your diet, they can provide you with nutritional guidance. If you have trouble exercising, a therapist can help motivate you to get active and prescribe you a series of personalized exercises to help combat your pain and improve your overall health.

You don't have to live with pain. Especially not when accessible and affordable treatment options exist in physical therapy. It's time to start prioritizing the most important thing in your life—your health. Give us a call today to unlock the relief and guidance you deserve.



STAFF SPOTLIGHT

**DR. JESSIE ARNOLD
PT, DPT**

Jessie obtained her bachelor's degree from the University of New Hampshire, her home state. She attended graduate school at the University of New England in Portland, ME and graduated with her Doctorate in Physical Therapy in 2013. Jessie moved to the area after school and originally started in the hospital setting and worked closely with post-operative orthopedic and older adult patients. Jessie loves working with older adults. "One of our most important roles in physical therapy is to educate others. Keeping people active and independent can be as easy as educating people on body mechanics, safety, and targeted strengthening. Especially in the adult and older adult populations, this can make a huge difference in their quality of life and overall happiness. Helping people take an active role in their health makes a huge difference in their confidence, independence and keeps our community moving! This is one of the reasons I love my job so much!"

Jessie, too, likes to stay active. She is an avid runner and has run in 4 different marathons, including the Boston Marathon in 2019. She is a co-leader of November Project in Worcester, a free, international fitness movement and is active with 5 different running and fitness groups in the area. She completed 150 miles bike ride for bike MS at the end of June and has started training for a triathlon in the fall. She also loves rock climbing at Central Rock Climbing gym and travels to Stow, MA to participate in trapeze work with Revolution Trapeze on the weekends.

Jessie has attended seminars for running and advanced PT skills with athletes, has taken the peripheral Maitland manual therapy continuing education course, and enjoys learning through staying current with best, science-based PT practice.

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Call your nearest Connections Physical Therapy clinic to schedule your next PT appointment!