



The Advance Bulletin

The Newsletter About Your Health And Caring For Your Body



AGE LIKE FINE WINE: PT TO TACKLE COMMON HEALTH RISKS!

Today, we are going to talk about something very important: how physical therapy can help people over 60 years old.

Meet James, a spirited 65-year-old who loved his morning walks in the park, cherished his weekends playing golf with friends, and was always ready to play with his grandkids. However, as the years rolled on, James started noticing that his legs were not as strong as they used to be, his back ached a little more than usual, and those morning walks felt more like a chore than a pleasure.

Like James, as we navigate through our 60s, many of us feel that our bodies are slowly betraying us. Those beautiful golden years we looked forward to spending in recreation now seem to be sprinkled with little bouts of health concerns here and there. It seems like aging has thrown us a curveball, making our daily activities and favorite hobbies more challenging.

But it doesn't have to be this way! Imagine if you could regain that skip in your step, the strength to swing your golf club, or the ability to stay active and enjoy time with your loved ones without worrying about a looming backache or the risk of a fall. This is a very achievable reality!

This is where physical therapy revitalizes your body and spirit, one session at a time!

WHAT HAPPENS WHEN WE GET OLDER?

You may have noticed or heard a loved one talk about feeling stiff or having aches and pains as they get older. Well, it's true that our bodies undergo various changes as we age. When people reach the age of 60 and above, they sometimes find that their muscles aren't as strong as they used to be, and they might not move as quickly.

Let's explore some of the most common physical changes we experience as we get older:

- **Joints:** As we grow older, our joints might not be as limber as they were when we were younger. Conditions like osteoarthritis can make joints a bit achy and less mobile.
- **Muscles:** When we're older, our muscles are not as strong as when we were kids or adults. We lose muscle mass, and with it, we lose strength and reaction time to respond to daily challenges.
- **Balance:** Keeping a good balance can become challenging as we age, leading to slips and falls. Changes to our vision also impact the changes to our muscles and joints, which lead to difficulties with our balance.

Getting older is a natural part of life, but it can sometimes bring some changes to our bodies that we might not be too excited about. Thankfully, with the help of Advance Physical & Aquatic Therapy physical therapists, you can continue to enjoy your favorite activities and even try new ones while keeping your bodies happy and healthy!

You Can Access Real Relief. Call Us Today! 610-839-8940

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HOW OUR PHYSICAL THERAPISTS CAN HELP

Like James, many of us might feel slower and less sturdy as we age. Fortunately, our physical therapists are here to help you get back into action. We'll start by conducting a comprehensive evaluation, including a physical examination and medical history, to understand your physical abilities and overall health.

Next, we'll design a program to address your specific needs, including:

- **Mobility Exercises:** We'll guide you through gentle stretches and mobility work to ease the aches in your joints and improve your overall ability to move.
- **Strengthening Exercises:** Our therapists will teach you targeted strengthening exercises to improve your ability to react and regain your power. Strong muscles mean we can safely continue doing all the things we love.
- **Balance and Gait Drills:** Physical therapists can teach us special exercises and drills that make us more stable so we can walk safely without worrying about falling.

Our experienced therapists will help guide you to a happier and healthier life, where morning walks are a joy and playing with the grandkids is a breeze!

GET THE RIGHT GUIDANCE TO GETTING OLDER!

If you or someone you know is over 60 and wants to take great care of their health, visiting Advance Physical & Aquatic Therapy can help you learn how to take care of your body so you can enjoy life to the fullest, doing the things you love most!

Remember, age is just a number; with the right help, everyone can enjoy a wonderful life!



JOIN US FOR GENTLE YOGA AT ADVANCE NOW!

Email brianna@advanceaquaticpt.com for more info & to let us know you are interested!

GENTLE YOGA

CONNECT BODY, MIND, & SOUL



CONCUSSIONS AND FALL SPORTS

Concussions are a type of brain injury caused by a force/hit or sudden acceleration and deceleration to the head, neck or body. Concussions can impair your physical and mental capacities for an extended period of time.

They can also cause a variety of unpleasant effects, including:

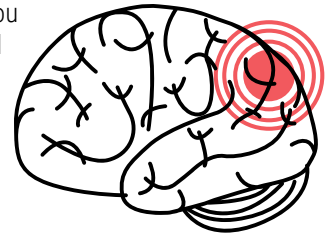
- Inability to focus
- Fatigue
- Dizziness
- Memory loss and confusion
- Nausea and vomiting
- Slurring of speech
- Painful and chronic headaches/migraines
- Sensitivity to light and sound
- Ringing in the ears
- Visual abnormalities

Fortunately, physical therapy can help provide recovery and relaxation to those with concussions! You don't have to figure out a recovery plan on your own, Advance Physical & Aquatic Therapy is here to help you make your way back to feeling your best.

There are specific tests and treatments that your physical therapists can guide you through to get you safely back into practice and games. To name a few:

- Exercise therapy
- Manual therapy
- Neck rehabilitation
- Vestibular rehabilitation
- Visual rehabilitation

Our physical therapists are committed to assisting you in recovering from a concussion. We are experts who are skilled in concussion management and can help you to feel your best in no time. Rest assured that at Advance Physical & Aquatic Therapy, you're 100% supported in your journey to getting better this fall!



Exercises from the Owner, Josh Green, MPT

USE THIS EXERCISE TO IMPROVE YOUR BALANCE.



SINGLE LEG BALANCE TAPS, FORWARD

Start by standing on one leg with the other leg slightly off the ground. Slowly tap your raised foot in front of you and behind you while maintaining balance. Repeat 3 sets, 10 reps each.



Visit Us Online At advanceaquaticpt.com



KEEPING STEADY WITH YOUR PHYSICAL THERAPIST'S HELP

As we get older, sometimes it can be a bit harder to keep our balance. Fortunately, our physical therapists are here to help you stay steady and prevent falls.

When you visit Advance Physical & Aquatic Therapy, you'll get checked to see how well you can walk, how strong your muscles are, and how balanced you feel while standing. We'll also provide some tips to make homes safer.

Here are some ways our physical therapists help:

- **Understanding Your Movement:** We'll check how you walk and move to find the best way to help you.
- **Custom Exercises:** We'll teach targeted exercises to make your muscles stronger and improve your balance.
- **Safety Tips for Your Home:** We provide guidance on how to make your home safer so you won't trip or fall, like putting up bars to hold onto in the bathroom or making sure all rooms have enough light.

Our team will work to help you feel more confident when walking so you don't have to worry about falling. **So, if you want to make sure that you or a loved one are walking safely and confidently, give us a call!**

WE WANT TO HEAR YOUR SUCCESS STORY!



Has Advance Physical & Aquatic Therapy helped you live a better life? Let others know how much we can help them too! Click the button below to quickly access our Google Review page!



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SCAN ME!

APAT Patient Success Story



"The team at Advance listened to me and personalized my speedy recovery back to my normal and better life without pain!" -Jimmy R.



Start Feeling Better Now Call Today 610-839-8940

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