



# AGE WELL

Yearly visits to the doctor and the dentist have become a non-negotiable part of your health care routine. However, among your yearly check-ups, you may be leaving out one very important visit.

## Remaining Active

As physical therapists (PTs) we see too many patients with chronic musculoskeletal conditions that could have easily been prevented had they been addressed earlier. Movement is medicine, and physical activity plays a huge role in healthy aging.

### Exercise helps to:

- reduce bone loss (osteoporosis)
- prevent heart disease
- reduce your risk of developing conditions like Alzheimer's disease and other cognitive problems



There is a misconception that, **because you're older, exercise can't benefit you**; however, studies show that improvements in strength, endurance, balance, and cognitive performance can happen at any age. This means that the best way to remain independent as you get older is to exercise, but the difficulty lies in finding safe and effective ways to do so.

Whether through age or injury, the body will almost always take the easiest path. Muscles tighten, joints stiffen, and your body compensates for the imbalances by using other muscles and joints to pick up the slack. However, this is only a short term solution; over time this adjustment can lead to a host of problems, such as degenerative joint disease, osteoarthritis, and tendinopathies.

## Getting an Annual Physical Therapy Exam

Physical therapists are trained to address the specific needs of your musculoskeletal system. A therapist can identify degenerative changes, or imbalances that may lead to degeneration, and address them before they become a more serious issue.

The tests and screens that a physical therapist performs during an annual check-up can assess your strength, stability, and mobility. An annual examination can ensure that the internal structures of your body – muscles, ligaments, joints, and other connective tissues – are working together to support, stabilize and move your body. Comparing results on an annual basis can help you identify degenerative changes and keep a record of your physical health.

**The exams can be tailored to fit individual goals and needs, including:**

- falls & balance (gait training)
- back pain
- general conditioning

Pearson Physical Therapy will be offering **free annual assessments beginning January 1st, 2019**. Receiving this assessment on a yearly basis will ensure that you continue living independently and exercising safely.

**Give our office a call to learn more and to schedule your appointment at (308) 872-5800.**

1

### CHRONIC PAIN DOES NOT HAVE TO BE THE BOSS OF YOU

Each year 116 million Americans experience **chronic pain** from arthritis or other conditions, costing **billions of dollars** in medical treatment, lost work time, and lost wages. Proper exercise, mobility, and pain management techniques can ease pain while moving and at rest, improving your overall quality of life.

2

### EXERCISE TO AVOID FALLS AND KEEP YOUR INDEPENDENCE

About **one in three** U.S. adults age 65 or older **falls each year**. More than half of adults over 65 report problems with movement, including walking 1/4 mile, stooping, and standing. Exercise can improve movement and balance, and reduce your risk of falls. It can also reduce your risk of **hip fractures** (95% of which are caused by falls).

3

### YOU MAY NOT NEED SURGERY OR DRUGS FOR LOW BACK PAIN

**Low back pain** is often over-treated with surgery and drugs, despite a wealth of scientific evidence demonstrating that **physical therapy can be an effective alternative**—and with much less risk than surgery and long term use of prescription medications.



# Back Pain Clinic

**YOU MAY NOT NEED SURGERY  
OR DRUGS FOR LOW BACK PAIN**

**PHYSICAL THERAPY CAN BE  
AN EFFECTIVE ALTERNATIVE**

**WEDNESDAY  
JANUARY**

**23**  
5:30 PM

**Call to reserve your spot: (308) 872-5800**