

# NEWSLETTER

JANUARY 2022



## DON'T LET AGE CREAP UP ON YOU! FIGHT BACK WITH PT!

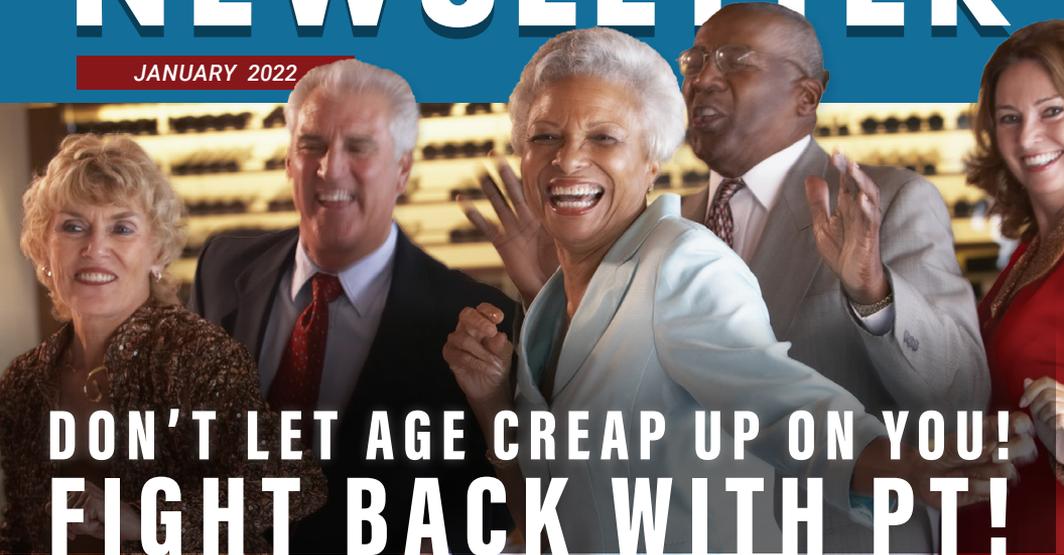
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## DON'T LET AGE CREEP UP ON YOU! FIGHT BACK WITH PT!

As we age, our bodies become more susceptible to certain health risks. Our bodies begin to notice the "wear and tear" that has developed throughout the years, causing us to slow down and putting us at risk for health conditions.

Luckily, physical therapy can help soothe some of the health conditions that your body may experience with age. If you are looking for pain relief, Hands On Physical Therapy can help! Call our office today for more information.

### WHAT SHOULD I LOOK OUT FOR?

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. Senior citizens account for 12% of the world's population, so it is important to know what challenges to look out for when you begin to reach age 60 and above.

Some common health issues people face as they age include:

- **Chronic disease.** The National Council on Aging states that 92% of senior citizens experience at least one chronic disease, while 77% experience at least two. The most common chronic diseases are diabetes, heart disease, cancer, and stroke.
- **Cognitive health issues.** These types of health risks impair one's memory, making it difficult to remember and recall as easily as they used to, in addition

to hindering the ability to learn new things. The most common cognitive health issue is dementia, affecting approximately 47.5 million people worldwide.

- **Physical injury.** Did you know that a senior citizen is admitted to the hospital due to a harsh fall every 15 seconds? Aging causes bones to shrink and muscles to lose their strength, making it more common for us to lose our balance and injure ourselves as we age. Harsh falls are the leading cause of injury among older adults.
- **Malnutrition.** Malnutrition in older adults is very common, but often undiagnosed. It typically stems from other health issues, such as dietary restrictions, minimal appetite from limited physical activity, or a cognitive disease causing one to forget to eat.
- **Incontinence/constipation.** These are also both very common health conditions faced by other adults, but they oftentimes go undiagnosed due to embarrassment from the patient. Incontinence and constipation can sometimes stem from an underlying health condition.

*Continued inside.*

[www.hopt-wellness.com](http://www.hopt-wellness.com)

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY  
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

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## HOW CAN I AVOID THESE?

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.

Some simple ways to avoid these health risks are:

- **For prevention of chronic disease** – obesity, poor diet, and lack of physical activity are the main culprits leading to chronic disease.

**On your own**, you can make it a habit of making healthy meals, making sure to add in all balanced food groups. You can also take a small portion out of your day to participate in physical activity, within reason. Even something as small as walking down the block can make a big difference.

**With a physical therapist**, you can work together to create a physical exercise plan, to make sure you're gaining as much physical activity as you can throughout the day. Many physical therapy practices also have nutritionists who can set up a meal plan for you, to make sure you're getting the nutrients that you need and maintaining a healthy weight.

- **For prevention of cognitive health issues** – exercise is one of the best steps you can take in order to maintain healthy cognitive health.

**On your own**, you can make it a habit to exercise daily, within reason. Exercise is mentally stimulating and it helps keep you sharp!

**With a physical therapist**, you can work together to create a treatment plan that works for you. This will include treatment-specific exercises, aimed at increasing cognitive health, and they may be paired with strength and flexibility training to help prevent other health issues.

- **For prevention of physical injury** – the most common cause of physical injury is weak bones, joints, and muscles.

**On your own**, you can try to participate in strength-training exercises to prevent bones from becoming brittle. It is also important to maintain a healthy diet, making sure you have a sufficient protein and calcium intake, in order to help with bone strength.

**With a physical therapist**, you can get assistance with strength and flexibility training, having your PT create a specialized plan for you. Osteoarthritis and osteoporosis are some of the leading causes of frailty. If you suffer from one of these conditions, your physical therapist can create a treatment-specific exercise plan for you. These excises will be done with your physical therapist, to make sure they are being completed correctly and safely. Your physical therapist may also suggest at-home exercises for you to do. He or she may also suggest another form of treatment, such as aquatic therapy, in order to increase muscle strength and ease discomfort.

- **For prevention of malnutrition** – poor diet is the cause of malnutrition, but it can stem from other underlying issues.

**On your own**, you can try to maintain a healthier diet by making sure you get a sufficient intake of all food groups. Even small dietary changes, such as increasing your fruit and vegetable intake, and decreasing your salt and saturated fat intake can make all the difference. You can also try to make sure you eat three meals a day, even if it means creating reminders for yourself. Exercise can also help increase appetite, which can make eating a meal easier.

**With a physical therapist**, you can create a nutritional meal plan based on your needs. This will help you figure out exactly what you should be eating, what you should avoid, and what you may need more of. Your physical therapist may also suggest other physical treatments in order to increase appetite and/or maintain cognitive health.

- **For prevention of incontinence/constipation** – this condition can be caused by an underlying condition, but the most common reason it goes untreated is due to embarrassment.

**On your own**, you can attend your annual physicals. First and foremost, attending yearly physicals and being honest with your doctor, no matter how embarrassed you may feel, is the best way to treat or avoid this condition. There are many treatments available, but your doctor can't suggest any of them if he or she doesn't know what's going on.

**With a physical therapist**, you can work together to create a treatment plan that will correct this condition. Many physical therapists will perform pelvic floor therapy to treat incontinence or constipation, and the results are resoundingly successful with most patients.

**If you are suffering from some of these health conditions, or you think you might be, give our team at Hands On 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!**

Cary 919-851-0711  
Fuquay-Varina 919-557-2111  
Zebulon 919-269-0107



## EXERCISE OF THE MONTH

This exercise helps relieve muscle soreness.

### STANDING QUAD STRETCH

Stand tall with your feet hip-width apart, pull your abdominals in, and relax your shoulders. Bend your left leg, bringing your heel toward your butt, and grasp your left foot with your right hand. Switch legs and repeat the stretch.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



**Suffering from aches and pains? Call one of our locations or visit [hopt-wellness.com](http://hopt-wellness.com) to schedule an appointment and get relief today!**

[www.hopt-wellness.com](http://www.hopt-wellness.com)



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Help us in wishing Sarah well as she starts her next adventure at Wingate University



We are excited to announce a new addition to our team – Katelyn Carpenter, who has joined Hands On Physical Therapist as the new Front Office Receptionist.



PATIENT SUCCESS SPOTLIGHT

"I Highly recommend this office. After 5 years of heavy medication and countless doctors telling me that I will have to accept daily headaches and painful neck pain, I am happy to say that my Physical Therapist Dillon has proved them wrong. It feels great to feel this level of relief after just 3 sessions. This staff is overall a welcoming breathe of fresh air. I look forward to future visits & forward progression." - Karen M.

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy!

[www.hopt-wellness.com](http://www.hopt-wellness.com)

HEALTHY RECIPE



TRAIL MIX

ENJOY THE GAME WITH THIS HEALTHY SNACK!

INGREDIENTS

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips
- Sea salt for taste

**INSTRUCTIONS:** Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.

COUPON CORNER!

FREE PAIN CONSULTATION



WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

<b>Cary</b> 919-851-0711	<b>Fuquay-Varina</b> 919-557-2111	<b>Zebulon</b> 919-269-0107
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Call to schedule. Expires 1/28/2022