



How Physical Therapy Can Help Common Health Risks in People Over Age 60



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 (practice name) physical therapists, you can continue to enjoy your favorite activities and even try new ones while keeping your bodies happy and healthy!

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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 (practice name) 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!

Sources: [https://www.thelancet.com/pdfs/journals/lanhl/PIIS2666-7568\(21\)00079-9.pdf](https://www.thelancet.com/pdfs/journals/lanhl/PIIS2666-7568(21)00079-9.pdf) · <https://pubmed.ncbi.nlm.nih.gov/32525097/> · https://journals.lww.com/jgpt/Fulltext/2022/04000/APTA_Geriatrics_Guiding_Principles_for_Best.3.aspx · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6247475/> · <https://pubmed.ncbi.nlm.nih.gov/33782360/>



Staff Spotlight: Darlene Keplinger (Front Office Coordinator)

Darlene has a long history of working with a customer service background as a former waitress and she has brought that attention to detail and professional assurance of care to our front desk. Darlene is always ready to greet our returning, currently treating, and prospective new patients with a smile and a complete understanding of their needs and concerns. Whether she is on the phone with insurance companies to get the fullest comprehension of your benefits or she is scheduling your appointments in advance, you can rest assured that she will take care of your worries to the best of her ability every time. Growing up, career ideas were never ending and always high reaching, but as time went on over the years the one thing that remained constant was a want to help people and the gratification of being able to bring just even a little bit of joy or relief into others' lives. In her free time outside of the office Darlene is often enjoying her "lazy time" working on her Sims house builds, watching Disney documentaries (ask for fun facts next time you see her!), or lounging about with her two cats Momo & Stanley. In the words of Walt Disney, "You can design and create, and build the most wonderful place in the world. But it takes people to make the dream a reality." She has found since she started at HPT that truer words have never been spoken - from the patients to her fellow staff - we have made the dream a reality of a wonderful place that people can come to and reach their aspirations of a healthier tomorrow.

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Our Patients Get Results



“The team at Haymarket Physical Therapy Bristow is AMAZING!! The front desk staff are always so helpful and cheerful! They do an outstanding job of coordinating schedules and reminders for us. The therapist team is equally outstanding! They are knowledgeable and committed to helping you on your healing journey. The environment feels more like a fun gym rather than a stuffy doctor's office. We love the music and laughter that echo through the space. If you're looking for a convenient location with a great relaxed and fun atmosphere while focusing on your healing and recovery, this is your place!” — E.B.

Healthy Recipe

Homemade Pizza



Ingredients:

- 1 16 oz ball of pizza dough
- 1 tbsp olive oil, for rubbing dough
- 1 cup pizza sauce
- 3 oz sliced mozzarella cheese
- 5 oz shredded mozzarella cheese, about 1 and 1/4 cups
- 2.5 oz pepperoni, about half a 5 oz package
- 2 tsp shredded parmesan cheese

Directions: Preheat your oven to 550 degrees F, or as high as it will go (at least 475.) Roll out the dough. Place your ball of pizza dough in the center of your prepared work surface and use your hands to press it down, starting from the center. Keep gently patting out the dough, moving the dough outward from the center. Continue patting and stretching the dough gently with your hands until it is about 12 inches across. Drizzle about a tablespoon of olive oil over the top of your dough. Use your hands or a pastry brush to rub the oil all over the top of the dough, especially the edges of the crust. Slide your pizza dough onto a flat baking sheet. Bake for 1-2 minutes, until the dough is slightly puffed. Poke down any large bubbles on your crust. Add 1 cup of pizza sauce. Add cheese and any other desired toppings. Sprinkle shredded parmesan cheese over your toppings. Bake the pizza for about 8-12 minutes. The edges of the crust should be golden brown, and the cheese should be bubbly and also starting to lightly brown.



Our Mission

To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.



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