



AGEWELL
Physical Therapy & Wellness, P.C.

Now Offering
Occupational
Therapy!

NATURAL RELIEF FOR DAILY ACHES & PAINS

Read more inside on natural relief for daily aches & pains, simple tips for ache relief, and the correlation between exercise & pain relief!

www.AgeWellIPT.com



NATURAL RELIEF FOR DAILY ACHES & PAINS

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

Why am I so achy?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore."

Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

If you are suffering from pain and would like natural relief, we want to help! **Give our clinic a call at (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!**



Call (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!



SIMPLE TIPS FOR ACHE RELIEF

Sleep! - This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.

Stay hydrated - Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.

Maintain a healthy diet of fruits and vegetables

- Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.

Exercise regularly - Exercise allows your body to efficiently pump blood around your body. When you

exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.

Keep a good posture - Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.

Get a physical therapy consultation - If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physical therapist. They will help you determine the best course of action for your specific needs.

If you are suffering from pain, we want to help!
Give us a call today at (516) 488-8808 or visit
www.AgeWellPT.com



EXERCISE & PAIN RELIEF

If you have back or joint pain, there are probably some times when all you want to do is lie in bed all day. It's tempting, but it might make the problem worse. Doctors used to prescribe bed rest for back pain and other chronic pain conditions, but studies have found that people who exercise and stay flexible manage their pain much better than those who don't.

If you do have a chronic pain condition like back pain or hip, knee, or shoulder problems, you shouldn't begin an exercise program without guidance. Check with your physical therapist first. They have the expertise to help you develop an individualized exercise program. Have a professional; a physical therapist show you what is appropriate to do given your condition.

Here are 7 exercises/activities you should do to alleviate pain:

- 1. Walking
- 3. Yoga
- 5. Pilates
- 7. Aerobics
- 2. Swimming
- 4. Tai Chi
- 6. Stretching

If you are suffering from pain, we want to help! Give us a call today at (516) 488-8808 or visit www.AgeWellPT.com

Now Offering Occupational Therapy!



"AgeWell is exactly what the name is. My PT sessions allowed me to regain the use of my knee, allowing me to return to the gym and all the things that I enjoy. The staff understood the nature of my injury and the therapy needed to bring me back to health. I cannot say how much I appreciate their dedication."



NEW YEAR NEW YOU!

THE YEAR IS COMING TO AN END DON'T LEAVE YOUR GOALS WITH IT!

With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let AgeWell Physical Therapy & Wellness, P.C. help you on your journey to becoming strong, healthy, and active in 2021.

Give us a call at (516) 488-8808 or visit www.AgeWellPT.com to schedule your new year tune-up today!