



**AGEWELL**  
Physical Therapy & Wellness, P.C.

**WE'VE BEEN VACCINATED!**

Read more inside on the measures we're taking to keep you safe in our clinic!

Now Offering  
Occupational  
Therapy!

# FIND RELIEF FOR YOUR KNEE AND HIP PAIN

Read more inside on How Physical Therapy Can Help You, how to Feel Better By Eating Better, and the Benefits of Spring Cleaning.

[www.AgeWellIPT.com](http://www.AgeWellIPT.com)



## KICK BACK AND RELAX!

Have you ever thought about how amazing our ability to walk is? It is a complex system of muscles, nerves, and joints working together in harmony to lift you up. But what if you experience pain while walking? If you experience hip, knee, or leg pain, it could mean that the complex system of your gait has been effected in some way or another. For more information regarding how our treatments can help you, give us a call today!

### What causes knee and hip pain?

Knee and hip pain occur when the joints and muscles surrounding those areas lack their normal function. If the joint isn't functioning properly, it can alter one's mobility, which will increase pressure on the area. This can cause the area to become inflamed, thus resulting in pain.

If you are experiencing hip pain, it is likely that there is a problem with your hip joint. When this happens, you will experience pain inside of your hip, or in your groin area. If you are experiencing pain outside of your hip, in your upper thigh, or buttock region, then it is likely that there is a problem with the muscles, tendons, ligaments, or soft tissues surrounding the hip joint. Regardless of

where the pain is stemming from, hip pain is typically caused by injury or strain to the joint or surrounding regions; however, the pain can also be due to an underlying disease, such as arthritis.

If you are experiencing knee pain, there is a good chance the pain is rooted in your kneecap or patella. Every time you bend your knee, your kneecap needs enough space to move up and down between your femur bone and the bend of your knee. Unfortunately, if this area becomes inflamed, then the tissues surrounding the kneecap will become tighter, and the kneecap will not have as much space to move. It will try to squeeze through the inflamed padding, causing pain in the knee, and causing the padding to grow thicker and more irritated. When this happens, the joint fluid inside your knee will begin to dry out, resulting in more friction and pain.

We would like to see you again! Give us a call at (516) 488-8808 or visit [www.AgeWellPT.com](http://www.AgeWellPT.com) to schedule your appointment today!

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## HOW PHYSICAL THERAPY CAN HELP

When relieving knee and hip pain, it is important to make sure that normal motion is restored. Our physical therapists at AgeWell Physical Therapy are trained in evaluating your movement to determine the root of your problem, in addition to creating a treatment regimen specific to your pain, and restoring you to your normal mobility and strength. We have years of success in helping patients with their physical needs, eliminating their need for harmful drugs, expensive testing, or harsh surgeries. Our goal is to help you move and walk as comfortably as possible. Schedule a consultation with one of our physical therapists today and get back on track to a pain-free life!

Has your pain come back? Give us a call at (516) 488-8808 or visit [www.AgeWellPT.com](http://www.AgeWellPT.com) to schedule your appointment today!



## FEEL BETTER BY EATING BETTER

### JUICY BAKED CHICKEN BREAST

- 4 (7 to 8 oz) boneless, skinless chicken breasts
- 2 tsp olive oil
- 3 tbsp brown sugar
- 1 tbsp chili powder
- 1 tsp parsley flakes
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp cumin

Pre heat oven to 425 degrees F. Line a baking sheet with foil and spray with non-stick spray. Place the chicken breasts between two sheets of parchment paper and pound to an even thickness. Drizzle both sides of chicken with olive oil. Combine seasonings and sprinkle generously over both sides of the chicken breasts. Bake for 20 minutes. Remove from oven and cover loosely with foil for 5 minutes before slicing.

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# BENEFITS OF SPRING CLEANING

**Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.

**Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

**Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

*Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." Personality and Social Psychology Bulletin, January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.*

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## PATIENT SUCCESS SPOTLIGHT

"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 were very professional, courteous, helpful and friendly, felt like family. They understood the nature of the injury and the therapy needed to bring it back to health. I cannot say how much I appreciate their dedication." - Vincent M.

## WE'VE BEEN VACCINATED!

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, the entire team at AgeWell Physical Therapy has received the COVID-19 vaccination. Additionally, we are continuing to implement all recommended safety precautions around our clinic. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES  
ARE WEARING  
PROPER MASKS



OUR EMPLOYEES ARE  
PRACTICING SAFE  
DISTANCE



OUR EMPLOYEES  
ARE USING GLOVES  
WHEN NECESSARY



OUR EMPLOYEES ARE  
WASHING HANDS  
REGULARLY



OUR EMPLOYEES ARE  
AVOIDING HUGS &  
SHAKING HANDS