



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!

7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

Read more inside on 7 Tips You Can Do On Your Own, Healthy Recipe: Spaghetti With Asparagus, and Tips For Better Golfing This Summer!

www.AgeWellIPT.com



7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At AgeWell Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your Health & You

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional

tips that can help increase your health and help you feel physically better overall.

Increasing Your Strength & Flexibility:

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

**Get Your Life Back with
AgeWell Physical Therapy**

*Make an appointment today to start
living your life again, pain-free!*

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



7 TIPS YOU CAN DO ON YOUR OWN

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact AgeWell Physical Therapy for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact AgeWell Physical Therapy today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at AgeWell Physical Therapy would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!

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



HEALTHY RECIPE SPAGHETTI WITH ASPARAGUS

- 1 lb. spaghetti
- $\frac{2}{3}$ cup extra-virgin olive oil
- 1 large bunch asparagus, trimmed, thinly sliced on a deep diagonal
- 4 garlic cloves, smashed
- 4 3"-long strips lemon zest
- $\frac{1}{2}$ tsp. crushed red pepper flakes
- 8 large basil leaves
- 2 lemons, halved
- 2 oz. Parmesan, finely grated (about 1 cup), plus more for serving

1. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving $1\frac{1}{2}$ cups pasta cooking liquid.
2. Meanwhile, heat oil in a large Dutch oven or other heavy pot over medium-high until shimmering. Add asparagus, season with salt, and cook, stirring often, until just beginning to take on color, about 1 minute. Add garlic, lemon zest, and red pepper flakes and cook, stirring, until fragrant, about 30 seconds. Remove from heat and let sit until pasta is done.
3. Add pasta and basil to pot with asparagus mixture and return to medium-high heat. Squeeze juice from both lemons into pot and add 2 oz. Parmesan and 1 cup reserved pasta cooking liquid. Cook, tossing vigorously and adding more pasta cooking liquid if needed, until sauce is creamy and emulsified and pasta is coated, about 1 minute. Taste and season with more salt if needed. Remove and discard garlic.
4. Divide pasta among bowls, placing a lemon strip in each, and top with more Parmesan.

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

TIPS FOR BETTER GOLFING THIS SUMMER

Now Offering
Occupational
Therapy!

Golfing for the first time after a couple months can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out. Before getting back into the swing of things, here are some following tips:

- 1. Prepare.** Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.
- 2. Stretch.** Stretching can improve your range of motion, making it easier to swing the club. Try some of these stretches, which will warm up the muscles you will use in your golf swing.
- 3. Easy does it.** The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round. If you regularly ride in a cart, this is likely a little less of a concern.
- 4. Don't let your skills get rusty.** If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

Reference: <http://tria.com/tips-better-golfing-summer/>



PATIENT SUCCESS SPOTLIGHT

"AgeWell is a great facility. Their evaluation of the type of therapy you will need for your condition is very accurate. They keep you on track and the staff gives you their undivided attention while they work with you. The staff is not only very helpful, but also very friendly. I highly recommend AgeWell." - M. K.

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