



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!

IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

Read more inside on Tips to Strengthen Core Muscles, Healthy Recipe: Spinach & Egg Sweet Potato Toast, and Prepare To Swim In The Water Safely!

www.AgeWellIPT.com



IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE

How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact AgeWell Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What Exactly Are The Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any

of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

How Can I Strengthen My Core Muscles?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At AgeWell Physical Therapy, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

TIPS TO STRENGTHEN CORE MUSCLES?



There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

1. Improving your posture.

Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.

2. Avoiding injury.

Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.

3. Getting adequate rest and exercise.

Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important.

4. Eating nutritious meals.

If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.

5. Getting expert help.

The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At AgeWell Physical Therapy our physical therapists are here to help you improve your function and relieve your pain. **If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!**



HEALTHY RECIPE SPINACH & EGG SWEET POTATO TOAST

- 1 large slice sweet potato (¼ inch thick)
- 1/3 cup cooked spinach
- 1 large egg, fried or poached
- ½ teaspoon sliced fresh chives
- ½ teaspoon hot sauce

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.

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

PREPARE TO SWIM IN THE WATER SAFELY!

Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. These important swimming safety tips are what you should be aware of before you head out to the pool or beach.

- **Swim in designated areas supervised by lifeguards.**
- **Always swim with a buddy;** do not allow anyone to swim alone.
- **Never leave a young child unattended near water** and do not trust a child's life to another child; teach children to always ask permission to go near water.
- **If you have a pool, secure it with appropriate barriers.** Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- **Protect your skin.** Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- **Drink plenty of water regularly,** even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.



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." - V. 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