



AGEWELL
Physical Therapy & Wellness, P.C.

Now Offering
Occupational
Therapy!

WE'VE BEEN VACCINATED!

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

KICK YOUR KNEE AND HIP PAINS TO THE CURB!

Read more inside on Are You Moving Correctly, Vegan Peanut Butter Cookies,
Tips To Prevent Holiday Stress, and We've Been Vaccinated!

www.AgeWellIPT.com



KICK YOUR KNEE AND HIP PAINS TO THE CURB!

Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain.

If you are suffering from knee or hip pain, contact AgeWell Physical Therapy & Wellness, P.C. today for relief!

Correcting Your Knee And Hip Pains With PT Treatments

At AgeWell Physical Therapy & Wellness, P.C., our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective treatment methods for knee and hip injuries. This has been

demonstrated through several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups. The intervention group received "functionally oriented exercises (such as standing from a chair, climbing a step) taught by a physical therapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.

Results from this study concluded that those participating in the in-home physical therapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

Restoring normal motion is a key aspect to alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team can help you walk, run, and play better. With our motion analysis, strength testing, coordination testing, and more, we can spot your muscles and joints that are in need of treatment. **Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.**

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

ARE YOU MOVING CORRECTLY?



If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible. However, there are also some tests you can do on your own before your consultation – **these simple tests can help you determine if your knees and hips are as flexible and strong as they should be.**

Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.
- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost touches your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.
- Standing near a counter top, put one foot in front of the other so you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.



HEALTHY RECIPE VEGAN PEANUT BUTTER COOKIES

- 1 cup creamy natural peanut butter
- 1/2 cup maple syrup, or honey
- 1 teaspoon vanilla
- 1 cup almond flour
- flaked sea salt for topping, if desired

Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Alternatively, you can scoop dough with a spoon and roll it into a ball. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle a little flaked sea salt on top of each cookie, if using. Bake in a preheated oven for about 12 minutes or until cookies begin to brown. Remove from oven, allow cookies to cool on a wire rack and enjoy.

Contact Us Today

As noted, physical therapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At AgeWell Physical Therapy & Wellness, P.C., we help provide treatment for patients through movement and physical manipulation. If you are suffering from knee and/or hip pain, don't hesitate to contact AgeWell Physical Therapy & Wellness, P.C. to schedule an appointment. **We'll help you kick your knee and hip pains to the curb, so you can live a happy, active, and pain-free life!**

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

TIPS TO PREVENT HOLIDAY STRESS

Be Realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick To A Budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

Plan Ahead. Set aside specific days for shopping, baking, visiting friends and

other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn To Say No. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

For more information on how physical therapy can help you reduce stress, give us a call today at (516) 488-8808!



LEAVE US GOOGLE REVIEW!

Scan the QR Code to visit our Google Reviews page and tell the world about your experience with AgeWell Physical Therapy!



"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." - 5-Star Google Review

WE'VE BEEN VACCINATED!



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