



AGEWELL
Physical Therapy & Wellness, P.C.



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

*Ask About
Our FREE
Transportation!*

HOW STRETCHING CAN HELP YOUR PAIN

Read more inside on How Physical Therapy Can Help You Stretch Properly
and What Are The Best Sleeping Positions?

www.AgeWellIPT.com



HOW STRETCHING CAN HELP YOUR PAIN

Have you noticed how good it feels to stretch after a long car ride? Or maybe you don't feel any relief stretching the tightness you feel in your back. It can be frustrating to know when to stretch and when not to stretch. Fortunately, at AgeWell Physical Therapy & Wellness, P.C., our physical therapists can clarify when exactly you need to stretch so you can get the relief you need!

Many everyday aches and pains stem from tight muscles and poor mobility. The key to good health is to keep your body mobile. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems.

Having good mobility means your joints and soft tissues move freely, without restrictions. Poor postural habits, repetitive movements, and injuries can all lead to limitations in your mobility, leading to pain.

Normal blood and lymphatic fluids circulate the body easier when your tissues are mobile, oxygenating your tissues properly. This improved circulation helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired.

At AgeWell Physical Therapy & Wellness, P.C., our physical therapists can help you identify areas of restriction and solutions to get you moving pain-free again!

What Does It Mean To Stretch?

Although most people know what stretching means, it is essential to make sure you understand how the word is used in physical therapy. There is some confusion about when and why we should stretch, and also about the benefits of stretching.

When the main emphasis is to move better and feel better, you are heading in the right direction. Targeted stretching in physical therapy is to alleviate discomfort and/or improve mobility. Like most therapy interventions, the timing and intention matter so that you can find relief and get moving again.

There is a common belief that stretching and being more flexible can prevent injury, but unfortunately, the research shows this is not always the case. For example, you can have muscles that are free of damage and restrictions and not flexible. Or you can have muscles that have injuries and/or limitations that need to be more flexible. Our physical therapists can help you figure out where you need help and guide you through a program tailored to meet these needs.

The notion of lengthening a muscle, for example, is an exaggeration of what happens. Our muscles/tendons attach to the bone at point A (i.e., origin) and point B (i.e., insertion). These attachments never change, and therefore the actual length of a muscle or tendon never really lengthens.

Our physical therapists are experts at identifying your specific needs and designing a program that is tailored to you for the best possible outcome!

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

*Give us a call today at (516) 488-8808
or visit www.AgeWellPT.com*



HOW PHYSICAL THERAPY CAN HELP YOU STRETCH PROPERLY

Our physical therapists help you in a variety of ways. We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain and restrictions.

This will consist of a thorough history to understand your typical daily activities, including your body's specific demands and overall health status.

We will use this information to develop an individualized program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual athlete.

Your physical therapist will then incorporate specific stretches that help you improve your mobility and alleviate your pain. Our goal is to ensure you have an effective program that assists you in a safe return to your normal activities.

Every good therapy program will include injury prevention strategies that ensure you stay doing what you love. We will help you understand how and why stretching can assist you in staying pain-free!

Contact Us Today!

There are many other ways that stretching can help you live your best life. If you want to add stretches to your daily life, contact AgeWell Physical Therapy & Wellness, P.C. today for assistance!

One of our dedicated physical therapists will teach you which will be best for you and create a targeted, individualized care plan to promote accelerated recovery and future injury prevention!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6895680/>
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0235679>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5213357/>



Let's Get You Back To Feeling Your Best!

Scan the QR code above or call us at (516) 488-8808 to schedule your next appointment!

WHAT ARE THE BEST SLEEPING POSITIONS?

How are you sleeping at night? Sleep is the body's uninterrupted time to repair tissue damage, heal wounds, restore organ function, stabilize chemical imbalance, refresh areas of the brain that control mood and behavior, and improve performance. Restful sleep— and a proper sleeping position— is a critical part of maintaining good health.

It's critical that we learn to sleep in the best position for proper spinal alignment. The better shape our spine is in, the lower our chances of developing neck, pain, or shoulder pain become. The better our spinal alignment is, the better our overall posture will be during the day.

1. Do you sleep on your back?

If so, placing a small pillow under your knees can help to reduce stress and strain on your spine and support the curve in your lower back. The pillow your head is resting on should support your head and the angle of your neck and shoulders.

2. Are you a stomach sleeper?

Sleeping on your stomach can cause stress on the back because the spine can be thrown out of position. To avoid this, place a flat pillow under your stomach and pelvis area. This will keep your spine in better alignment, as will sleeping with a flat pillow under your head or without a pillow at all.



3. Or are you a side sleeper?

This is the most commonly used sleep position. And it is vital to have good neck support for all side sleepers. The thickness of the neck pillow may create muscle spasms and strain on either one or the other side of the neck, which may cause pain and headache. Roll up a soft towel and put it under a thin pillow on your preferred sleeping side to support your neck in a good alignment.



WE NEED YOUR HELP!

Would you take a moment to share your AgeWell experience on our [Google Review page](#)? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!

DON'T LET YOUR INSURANCE GO TO WASTE!

Come see us and we will get you feeling better fast, at little to no out-of-pocket expense!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

*Let our family help your family get a head start going into 2023,
before your deductible renews again!*



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