



WE'VE BEEN VACCINATED!

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

Call to see if you have benefits left for 2022!

DON'T LET YOUR BENEFITS GO TO WASTE!

Read more inside on What Should I Expect During Therapy, 3 Ways To Practice Gratitude, & Don't Let Your Benefits Go To Waste!

FALL PREVENTION AND STAYING ACTIVE DURING WINTER WEATHER



Brrr, it's cold out there! With winter and icy weather comes safety risks, such as getting injured from a strain while shoveling (or slipping on ice as you walk in a parking lot!)

Having your balance assessed this season could help you to avoid fall-related injuries. Give AgeWell Physical Therapy & Wellness, P.C. a call today to schedule an appointment, so we can help you feel steady on your feet!

Our therapists are the balance experts in the field and want to make sure our patients lower their fall risk as much as possible.

Staying Safe And Active In Winter

Between the limited daylight hours, chilly temperatures, and occasionally icy conditions outside, staying safe and healthy can be challenging. Anything you can do to keep active during the winter months is a step in the right direction!

Ice and snow are the biggest threats that winter poses, especially to older patients! Slipping on ice can result in nasty, painful falls. However, with preparation and planning, you can stay safe and active in the winter months. This may sometimes feel difficult to accomplish due to injuries and inclement weather, but knowing the proper steps to take can help you keep doing the things you enjoy no matter the conditions outside.

The most common injuries related to cold weather happen from falls on icy sidewalks, steps, driveways, and porches. Ideally, you will stay off the ice when possible. Walking on ice is extremely dangerous, regardless of how good your

balance is. Do your best to keep your steps and walkways free of ice with sand, salt, or cat litter.

If you plan to run or walk on snowy, icy surfaces, attaching snow or ice spikes to your boots or running shoes will help you maintain traction to reduce the risk of falls. Be careful with wearing spikes on the pavement as they are designed to penetrate the ground and affect your balance.

How Can A Balance Expert Help Me Reduce My Fall Risk?

The physical therapists at AgeWell Physical Therapy & Wellness, P.C. are balance experts who can help you improve your balance and fight back against the risk of falling this winter.

Your therapist will perform a thorough physical examination to identify the source of your pain and/or injuries if they are present. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet this season!

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

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

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WHAT SHOULD I EXPECT DURING THERAPY?

The first thing you should know about therapy for balance is that this kind of therapy is not a “one size fits all” approach. Your program will be specific to your needs and wants and fit into your lifestyle.

Some of the interventions you can expect to experience at AgeWell Physical Therapy & Wellness, P.C. are:

- **Strengthening exercises:** These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls during winter weather. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.
- **Gait training:** Gait training will include activities to improve gait mechanics and increase your confidence and safety in navigating across different terrains (icy sidewalks, porches, parking lots) and around various obstacles, such as snow. Our physical therapists will also evaluate the need for an assistive device or perhaps adjust the device you are currently using.
- **Static and dynamic balance training:** This kind of training will be incorporated into your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph

of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.

- **Endurance training** may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

Contact Us Today For A Balance Assessment

AgeWell Physical Therapy & Wellness, P.C. wants our patients to feel safe and confident in their mobility and balance. Winter can be a difficult time for those with compromised balancing abilities; however, with the help of a physical therapist at our clinic, it doesn't have to be!

Call us today to have your balance assessed this snowy season. We can determine if you are at risk for falls, show you how to prevent them, and address any pain or discomfort you may be having. The wellbeing of our patients is important to us, no matter what season we're in!

Let's get you back to feeling your best.

Give us a call at (516) 488-8808 today!

3 WAYS TO PRACTICE GRATITUDE

Did you know that being grateful is actually good for your health? It's true!

We all love Thanksgiving for the excellent food, football, and time spent with family, but truthfully, this holiday means much more. Practicing gratitude can lead to greater happiness all year long.

According to Harvard Health Publishing, "Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."

If you want to implement more gratitude in your own life, take a look at these 3 tips.

1. Write Thank You Letters

Remember writing thank you letters? How long has it been since you wrote one? You don't need to have a wedding, graduation, or other big life event to thank the people in your life. Try writing thank you letters to your friends and family for the little things—you'll be surprised at how good it feels!

2. Write Down What You Are Grateful For Everyday

This might sound intimidating, but it doesn't have to be! Take a



few minutes each morning or evening to write down at least 3 things that you are grateful for in your life. This repeated action helps us shift into a more positive mindset and can help fight symptoms of depression and anxiety.

3. Use Visual Reminders

It can be hard to remember to practice gratitude. With your hectic schedule, sometimes it can feel impossible to sit down, take a moment to breathe, and reflect on your blessings. Visual cues can be a great tool for reminding us to take a beat.

Something as simple as sticky notes, a poster, or even your home screen on your phone or laptop can help us remember to slow down and shift to a positive mindset.

Sources:
<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>



CLICK HERE TO LEAVE US A REVIEW

Would you take a moment to share your AgeWell experience? *Click one of the buttons to review us now!*



Google Review



Facebook Review

ROASTED BUTTERNUT SQUASH

- 1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
- 3 tbsp good olive oil
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper

Preheat the oven to 400° F. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

<https://www.foodnetwork.com/recipes/ina-garten/roasted-butternut-squash-recipe-1921606>



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