



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!

*Ask About
Our FREE
Transportation!*

START THE YEAR OFF STRONG!

Read more inside on Physical Therapy Treatments Target Your Needs And Goals and Our Exercise of the Month!

www.AgeWellPT.com



START THE YEAR OFF STRONG!

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at AgeWell Physical Therapy & Wellness, P.C. are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact AgeWell Physical Therapy & Wellness, P.C. today!

How Physical Therapy Can Help You To Be Healthier

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your

condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Get Your Life Back with AgeWell Physical Therapy

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



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



PHYSICAL THERAPY TREATMENTS TARGET YOUR NEEDS AND GOALS!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

What To Expect From Your Physical Therapy Sessions

Some people try to mask their symptoms with anti-inflammatory

or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

Contact Us Today!

If you want to improve your health, strength, and physical activity, AgeWell Physical Therapy & Wellness, P.C. is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources:
<https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>

Let's get you back to feeling your best.

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



OUR PATIENTS GET GREAT RESULTS!



"AGE WELL is a very well run Physical Therapy operation. After having various therapies for the past year due to a left knee issues, cortisone shots, gel injections, arthroscopy, and finally full replacement. I had the luck to be taken care by John the PT, but the whole staff are helpful, attentive, patient, and accommodating to your needs. They are All very generous with their time, no 45 minutes sessions, in addition; They have a delivery service that made them unique." - **5-Star Google Review**

EXERCISE OF THE MONTH

Exercises copyright of
 SimpleSet Pro
www.simpleset.net



RETRACTION / CHIN TUCK

Start in a seated position with your back straight. Slowly draw your head back so that your ears line up with your shoulders. Hold this position for 10 seconds, then release.

This exercise helps relieve neck pain.

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FEEL BETTER BY EATING BETTER | OMELET MUFFINS

- 10 large eggs
- 2 green onions, finely chopped
- 1 red bell pepper, finely chopped
- 1/4 tsp salt
- 1 cup cut spinach

Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin.

Source: <https://www.savoryonline.com/recipes/208593/spinach-and-pepper-omelet-muffins>

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