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Resolve and Prevent Injuries With Physical Therapy!

Health & Wellness Newsletter

Do you have persistent pain you're trying to get rid of? Do you wonder what you can do to prevent injuries? At AgeWell Physical Therapy & Wellness, P.C., our skilled therapists can perform an injury assessment to help identify the steps you need to take to resolve your aches and pains now and, more importantly, prevent injuries in the future!

We understand that many people simply don't know if they feel normal. Too often, people take a "wait and see" approach rather than address their concerns head-on.

People are worried they will have to keep coming back to physical therapy, but your program can be a "one and done" deal when you come in for an injury screening. At AgeWell Physical Therapy & Wellness, P.C., we can determine if your condition requires more intense therapy or should be done independently at home.

Give us a call today to hear more about our injury prevention services and how we can make sure your treatment with us will be what you need to get back in the game and prevent future problems.

How Can I Prevent An Injury?

At AgeWell Physical Therapy & Wellness, P.C., we offer injury screenings to help determine if you need physical therapy to resolve your pain and identify your likelihood of experiencing an injury in the future. Your body tells you what it can and cannot do in subtle ways, and we can help figure out what it is trying to communicate to you!

We will analyze how your body moves and perform a physical assessment of your soft tissue and joints to understand better why you are hurting.

This assessment can include more activity-based analysis like watching how you squat and jump or performing a gait and balance analysis. We are on the lookout for abnormalities during the screening, whether in wobbly landing positions, weaknesses, loss of motion, or general issues with posture and techniques.

Our comprehensive assessment helps determine if you have an injury that's causing your pain. We will also take note of any painful areas and focus closely on those to get to the root of the problem.



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After your initial screening, your physical therapist will develop a plan to help significantly lower your risk of future injury. This may include manual therapy, technique and form assistance, therapeutic exercise, or any of our additional services that your physical therapist sees fit. They may also send you home with some helpful tips and practices that you can do on your own to help prevent your risk of future injury.

3 Simple Ways To Prevent Injuries

If you've suffered from pain and injury in the past, and you want to figure out how to stop them in the future, schedule a consultation with one of our physical therapists today. We will educate you about what your body is telling us and what you can do to reduce your injury risks. Some of the most important steps you can take include the following:

- 1. Proper sleep:** Sleep is the most effective strategy that everyone can do to reduce their risk of injuries. Research has shown that people sleeping less than 6 hours a night are more likely to injure themselves. In comparison, sleeping 8-10 hours per night has the most significant effect on injury prevention.
- 2. Strength training:** Building strength has been shown to reduce injuries to muscles, tendons, and joints. Strengthening is one of the most effective strategies

you can do to help stay injury-free.

- 3. Nutrition matters:** A scientifically-backed approach, like the Mediterranean Diet, helps provide the nutrition you need to recover from injury and reduce the risk of future injuries. Processed foods, foods high in sugar and fat, limit your body's ability to heal and perform at a high level.

Surprisingly, multiple research studies have concluded that stretching and flexibility are ineffective for injury prevention. The tightness you feel may indicate weaknesses or joint restrictions and not be related to the flexibility of your tissue. Stretching can feel good, and people like to do it, but other proven methods are more valuable than preventing injuries.

Call Today To Schedule An Appointment

At AgeWell Physical Therapy & Wellness, P.C., our team of physical therapists is experts at treating injuries and preventing future injuries. We have proven success with treating people of all skill levels.

Call today to schedule an appointment with one of our specialists!

Sources:
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<https://bjsm.bmj.com/content/52/24/1557.abstract>
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List of Services

Physical Therapy
Geriatric Physical Therapy
Manual Therapy
Ultrasound
Massage Therapy
Therapeutic Exercise
Electrical Stimulation
Kinesio Taping

Myofascial Release
Occupational Therapy
Hand Therapy
Home Therapy
Diagnostic Testing
EMG/NCS Testing
Musculoskeletal
Ultrasound Imaging

[Click Here To Call Us Today!](#)

Everyone here is great and doing the job well. They helped me prepare for knee replacement and now back issues. I am very satisfied with all the care they have given me. They are all experts in all that they do.

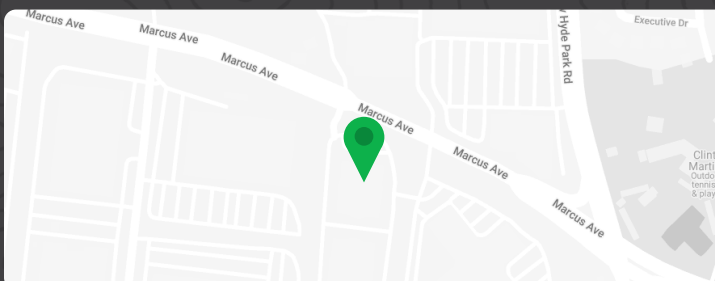
Google 5-Star Review

 PT WIRED
ptwired.com



Standing Lumbar Self Traction

Start in standing position. Find a table about waist height. Place your forearms on the table so that your wrists are facing away from you. Lean forward and make sure weight is being held by your arms. Ease your lower back and slightly bend your knees. You should feel little to no weight in your legs. 3 sets, 10 reps, hold.



Our Location

1999 Marcus Avenue, STE M-15
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Give us a call at **(516) 488-8808** or visit www.AgeWellPT.com today!