

Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Exercise for Your Mind, Body and Soul!

Your body was designed to move and WANTS you to exercise! The good news is that beginning an exercise program at any age has many benefits.



Exercise boosts memory and learning. Exercising increases your heart rate, which pumps more oxygen to your brain and releases more hormones. This provides an environment ideal for brain cell growth. Memory issues or Alzheimer's affects over 40% of the population ages 85+. With regular exercise, you have a greater chance to avoid being within that 40%.



Your heart becomes stronger when you exercise regularly, just like any other muscle in your body. As it becomes stronger, it is able to pump more blood throughout your body, lowering your risk of heart disease, and decreasing your resting heart rate since it doesn't have to work as hard.



Similar to muscle, your bones respond to exercise by becoming stronger (increased bone density). Increased bone density can reduce the risk of osteoporosis, which is most commonly found in wrists, spine, shoulders and hips. Weight-bearing exercises are recommended for increasing bone density, which includes walking and hiking.

Did You Know? Walking 3x's per week for a minimum of 30 minutes each time is enough to maintain and possibly reverse cognitive decline in older adults.

October is National Physical Therapy Month

Hosted by the American Physical Therapy Association (APTA) each October, National Physical Therapy Month is celebrated to recognize Physical Therapists (PTs) and Physical Therapist Assistants (PTAs) for their help in improving the lives of others. Physical Therapists and Physical Therapist Assistants work as a close, professional team to examine, plan and treat individuals to help reduce pain, improve mobility and increase overall function. Their goal is to help improve your body, without surgery or prescription medications. Each patient has their own plan of care focused on their needs and goals, rather than a "cookie cutter" routine.

Physical Therapy can help with:

- Low Back & Neck Pain
- Knee, Ankle or Foot Pain
- Sprains & Muscle Strains
- Arthritis
- Cardiac Rehabilitation
- Rehabilitation after a Major Injury
- Chronic Respiratory Problems
- Stroke Rehabilitation
- Shoulder Issues
- Balance
- Hip fractures
- Incontinence