



Professional. Caring. Excellence.

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Reverse the Aging Process Through Physical Therapy



The human body goes through a number of changes, as one grows older. A decline in muscle mass and bone density can lead to muscle fatigue and joint pain. It's common for seniors to experience a degree of fear and apprehension prior to exercise.

There is good news. Seniors can remain physically active and lead happy, healthy and productive lives with the help of physical therapy. Exercise in a safe, controlled environment under the supervision of a licensed physical therapist goes a long way in improving quality of life.

Although there are physical limitations associated with aging, the human body can always respond, adapt and grow stronger as long as it is challenged. Physical activity combined with healthy nutrition is important to maintain health and vitality for older individuals.

The Best Laid Plans

Despite careful training and appropriate precautions, an injury can still occur and that's especially true for youngsters and recreational athletes. More than 1.35 million children participating in sports programs will experience a serious injury. Many recreational athletes sustain injuries that could have been avoided with sufficient stretching and warm-up exercises.

Each type of sports activity carries its own unique risks for an injury. Physical therapists can help athletes of all ages with assessments to determine areas of body weakness and concern. The therapeutic methods used will depend on the injury, its severity and the individual. Each phase of treatment, management and rehabilitation requires specific methods to return patients to functionality.

Therapies for Life

An injury requires immediate attention and our therapists provide extensive expertise combined with advanced technology. Depending upon the injury, heat and cold therapies may be employed and used in combination with other methods, all of which are designed to ease pain, maintain mobility and rehabilitate.

Electrical stimulation, ultrasound therapy, and manual manipulation and mobilization are all available to our patients to alleviate pain and improve function. Resistance exercises, clinical Pilates and yoga can be used to enhance balance, coordination and endurance, along with strength and stability.

Therapeutic massage is a versatile therapy that aids in pain management, relieves inflammation and works with the body's own healing abilities. It accelerates healing and is beneficial in addressing psychological issues common in those who sustain injuries and must undergo extended recoveries. Massage therapy maintains the health of surrounding soft tissues.

Gait assessments identify areas of weakness and inefficiency. Aquatic therapy reduces the stress and drag of gravity on the body, enabling patients to participate in more strenuous forms of rehabilitation. Movements are easier and water offers gentle resistance for building strength, endurance and stability.

Our physical therapists help athletes at all levels of ability in any sporting endeavor reduce the risk of injury, treat injuries that do occur, and provide multiple types of rehabilitation techniques that are tailored to the patient. The evidenced-based therapies are appropriate for the specialized level of care needed to treat sports-related injuries.

Physical Therapy is an Investment



No one can escape the consequences of aging. However, every single person can plan ahead and maintain strength and mobility to age gracefully. The best way to stay active and healthy is to challenge the bones, joints and muscles in a controlled, progressive manner. That's why physical therapy is crucial for individuals of all ages, especially seniors.

Remain positive, and ask your physical therapist about the right and the wrong way to exercise. Challenge your body in a safe, yet progressive manner. Instead of saying "Will this hurt me?", you should be asking yourself "How can I do this safely and how

can I remain active?"

While physical therapy cannot reverse aging, it can certainly help you age gracefully, and live a happy, healthy and productive life as the years go by. Call our office today to schedule an evaluation. We can offer you a range of exercises and other treatment options to keep your mind and body feeling younger than you may realize. We look forward to serving you.

Aging Gracefully

A physical therapist can design an exercise program to help seniors deal with some of the consequences associated with aging, which include:

1. Increased risk of falls – Falls can occur due to a loss in the body's ability to maintain balance, posture, and equilibrium. A physical therapist can create an exercise program to improve muscle tone, strength, joint movement, and balance. This can prevent dangerous consequences like broken bones, allowing seniors to stay active and healthy.

2. Pain and discomfort of arthritis – Joint wear and tear can result in osteoarthritis. This leads to joint pain and swelling, which can restrict movement. Physical therapy includes a variety of treatment options including hot and cold treatments, massages, and range of motion exercises. Splints and custom made orthotic devices can also help.

3. Incidence of strokes – A stroke can significantly impact their quality of life. Mobility, speech, memory, and vision can be affected. An exercise program to improve mobility and independence is an essential component of stroke prevention and treatment.

4. Onset of Alzheimer's disease – This is an irreversible condition that can be associated with old age. It gets progressively worse once it starts. Physical therapists can help maintain the patient's quality of life by providing exercises to maintain strength and mobility.

5. Osteoporosis – This is a condition characterized by thinning bones that become brittle and prone to fractures. Physical therapy prescribed weight training exercises to increase bone density and improve muscle strength are a cornerstone of prevention.

6. Urinary incontinence – This is a rather embarrassing problem that may be associated with aging. Physical therapists can help by providing bladder training exercises that can help treat this problem.



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What People are Saying about OSTC:

- Very professional, Great staff who is knowledgeable and friendly
- Very professional facility and I really like it, I was a little anxious about starting therapy after fracturing my fingers. The therapist immediately set me at ease, it has been a great experience, so glad I came here for my therapy.
- All around good experience, I feel I have been helped in all ways
- They have taken time with me to show their interest. I enjoy coming here. Great bunch of kids out here.
- Very friendly. I love this place, laser is awesome.

OSTC website

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