

# BACK TO BASICS NEWS

*Back to Basics Family PT ,7768 Williamson Rd.*

*Roanoke, VA 24019 540.985.0500*

## Physical Therapy for a Youthful Body



Exercise is a major component of maintaining a youthful body that allows you to engage in your favorite activities. Personal trainers at the local gym don't have the extensive knowledge and training necessary to address the vast number of variables involved in your individual situation.

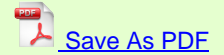
Clinical Pilates, yoga and other types of specialized exercise can be prescribed to improve flexibility, range of motion, better posture and relieve joint or muscle pain. Exercise aids in

digestion, stimulates the immune system, helps maintain lean muscle, and helps increase bone density.

Your medical conditions, level of fitness, any limitations, and overall health will be factored into any exercise program. Hydrotherapy, manual manipulation, and electrical stimulation are all techniques that improve the body's alignment and functionality. Cold laser therapy is an effective means of addressing pain and swelling.

To combat stress, your physical therapist may incorporate therapeutic massage. It improves circulation, stimulates the immune system, and promotes restorative slumber. It's also beneficial for detoxifying the body and enhancing lymphatic drainage.

Your physical therapist can also show you ways of moving that lessens the stress on the body and provide orthotic devices that alleviates pain and aligns the spine for easier movement. Ergonomic



Refer a Friend - Click here

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Refer a family member or a friend and receive a free 30 min. massage!

and lifestyle recommendations can be provided that lessens the risk of falls and injuries. Your physical therapist can provide nutritional recommendations and dietary supplements to address any deficiencies and promotes development of healthy bones and muscles.

Aging gracefully encompasses more than a youthful looking appearance. If you're not able to move freely and enjoy your life, you're losing out on some of the most important years of your life. Conditions such as arthritis and osteoporosis can severely curtail your quality of life and prevent you from doing what's important to you.

Physical therapy is an investment in your health. It provides a variety of treatments to keep your body in good health and working correctly, allowing you to enjoy every stage of your life with a more youthful and functioning body.

### Forever Young - How Physical Therapy Can Keep You Youthful



Most people immediately think of cosmetic surgery for remaining youthful, but a younger looking visage won't help people stay mobile and active. No one wants to face the effects of aging and physical therapy has treatments and therapies to help you stay physically fit.

People with jobs that require repetitive motion, standing or sitting for long periods at a time, and employment that places unusual stress and strain on joints will eventually take a toll on the body and increase the risk of arthritis. Construction workers, musicians and dancers, along with mechanics, teachers and office workers are among the individuals that often find their bodies are demonstrating the signs of aging long before they're anticipated.

### Stress - The Bane of Youthfulness

Stress is one of the biggest factors that cause the cosmetic and physical effects of aging. When people are stressed, the body releases the hormones adrenaline and cortisol to prepare the body for a fight or flight response. The hormones take a toll on the appearance, but also cause the heart to beat faster and blood pressure to rise. The hormones can interfere with sleep that's essential for the body to repair itself.

(Must be a previous patient)

### Patient Testimonial

Thank you all so much for the care and education I received in treating my issue. I am so thankful for how I feel and will gladly recommend Back to Basics to anyone in need. Heather M.

### Do you need physical therapy?

If you have any of the following **conditions** we can **help!**

***Tendonitis/ Bursitis***  
***Sprain/ Strain***  
***Jaw, Neck, or Back Pain***  
***Tension Headache***  
***Pelvic Pain/ Incontinence***  
***Lymphedema***  
***Trigger Points***

### ***Pre/ Post Surgical Protocols***

Most Insurances Accepted!

### **HAPPY ST. PATRICK'S DAY!**

Welcome to our new office staff employee Morgan Byrd!! We have moved to a new location. Our new address is 7768 Williamson Rd, Roanoke, VA 24019. Very close to Hollins University. Please come by to see our new office and also let us know if you or a family member need some physical therapy!

We see WALK-INS so don't wait for a Physical Therapy appointment, when we can see you immediately.

A physical therapist can help with treatments that:

- Reduce stress
- Helps with flexible and range of motion
- Relieve pain
- Helps with mobility
- Reduces the potential for Alzheimer's
- Aids with nutritional deficiencies
- Promotes better sleep



Many individuals who may be overweight or have chronic diseases avoid gyms and fitness centers out of embarrassment or self-consciousness, resulting in a cycle in which weight increases and physical fitness declines. That's not a problem at a physical therapy office. Individuals have access to safe and comfortable therapeutic exercises under the supervision of a physical therapy expert.

Become a fan of Back to Basics on **FACEBOOK**.

<http://www.backtobasicspt.com>



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**Send Test Email**