

Are You In Too Much Pain To Keep Your Heart Healthy?

BY: ZOE FACKELMAN, PT LAKE COUNTRY
PHYSICAL THERAPY AND SPORTSCARE, PC'S FOUNDER

Keep your heart healthy with positive thinking and movement! Don't let age, excess body weight, aching muscles and joints slow you down preventing you from feeling vibrant and youthful. Aging well is not a spectator sport. You need to be an active participant!

My grandmother always told me that time goes faster as we age. I would think "thank goodness" as I would be sitting in my high school English classroom waiting for the bell to ring for school to end for the day. As I approach my double nickel birthday year (age 55), I often hear myself comment, "Where does the time go?" and then think about my grandmother's words of wisdom: "Time goes fast so keep smiling and keep moving. You will feel better!"

To age gracefully, first and foremost find a physical activity that you enjoy or that motivates you. Then, don't think of your body as having specific limits, rather work toward a goal and listen to your body when it tells you to stop, slow down or change what you are doing. Physical therapy can help you start moving again, help you learn what your body is telling you and sometimes help you move on to a different and more satisfying path. You just have to work at it ... daily with patience, passion and persistence.

Most commonly we will hear, "I do not want to make my condition worse so I am reluctant to move" or "I thought the pain and limitation would go away on its own." The longer one has a pain and limitation, the longer it takes to recover. This is why at Lake Country we preach that "Early Interventions Speeds Recovery." Getting treatment sooner rather than later also saves you money. Lake Country Physical Therapy and Sportscare, PC is ranked in the top 8 percent in the nation at getting people better fast.

From preventing and reducing body aches and pains to developing a customized exercise regimen, physical therapists help people

preserve motion and mobility as they age. At Lake Country Physical Therapy and Sportscare, PC, the physical therapists have had extensive training in addressing the physical conditions and challenges that accompany aging. When pain limits your ability to move comfortably the last thing one wants to do is move, let alone exercise. Managing pain to allow movement is the top priority. There is help to manage your pain with hands-on care such as pain reflex release techniques, associated awareness techniques, joint mobilizations or manipulations/adjustments, myofascial release, active release techniques, Graston and more.

Once the pain is under control, appropriate and specific movement is the key to getting you back into action. Instruction in daily breathing exercises, gentle stretching, gradual strengthening exercises using your own body weight as resistance and building up to resistance exercise using free weights, tubing, bands, pulleys or machines, balance activities and some form of low impact cardiovascular exercise is very important in keeping pain under control and joints moving freely. A daily exercise program will help you reach your fitness or activities of daily living goals. Physical activity doesn't have to end with age. For some, aging brings the opportunity to exercise regularly.

When you push too hard and flare-ups occur, rest a day or two, use ice as instructed by your physical therapist and allow your body to recover. Then, work back into the activity gently and gradually. It is important for both muscle, joint and heart health to warm up and cool down before and after all forms of movement and exercise.

**My best advice to you is to stay active.
You know your limits. Do it smart!**



For more information about Lake Country Physical Therapy and Sportscare, PC, please call (585) 396-1400, email Zoe@lakecountrypt.com, Robert@lakecountrypt.com or visit us at www.lakecountrypt.com.

