



# NEWSLETTER



## AGING WITH GRACE



**THE BENEFITS OF STRETCHING**  
DETAILS INSIDE

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"We'll Get You There!"

# NEWSLETTER



## SENIOR'S HEALTH: AGING WITH GRACE



**LISA HARPER,**  
PT, Clinic Director

By LISA HARPER, PT, Clinic Director of our  
Mandeville Clinic

**As we age, our bodies become more susceptible to wear and tear and specific health risks. That's why it's so important to identify potential threats to your health and take the necessary steps to avoid having to deal with them!**

Luckily, there are plenty of safe, holistic ways to take care of your health to promote healthy aging. If you're living with any kind of chronic pain that keeps you from being as active and healthy as you'd like, or you're worried you are at risk of living in a nursing home, physical therapy at STAR Physical Therapy can help.

Our physical therapy team can help you maintain a solid and mobile body as you get older, manage and prevent chronic illnesses, and keep you active and energized throughout your golden years.

Call us today to schedule an appointment and learn more, and in the meantime, keep reading to gain some knowledge about ways to stay healthy and active as you age.

**Rest assured that we are here to help you maintain your mobility and independence!**

### Tips for Staying Healthy as We Age

Obesity, poor diet, and lack of physical activity are the main culprits leading to chronic disease. To aid in preventing chronic diseases, you can make it a habit of creating healthy meals, making sure to add in all balanced food groups. Even small dietary changes, such as increasing your fruit and vegetable intake and decreasing your salt and saturated fat intake, can make all the difference. You can also try to make sure you eat three meals a day, even if it means creating reminders for yourself.

Within reason, you can also take a small portion out of your day to participate in physical activity. Even something as small as walking down the block can make a big difference!

Exercise is one of the best steps you can take to maintain good cognitive health. Try to make it a habit to exercise daily, within reason. Exercise is mentally stimulating, and it helps keep you sharp!

For prevention of incontinence/constipation issues, you can attend your annual physicals. Attending yearly physicals and being honest with your doctor, no matter how awkward you may feel, is the best way to treat or avoid this condition. There are many treatments available, but your doctor can't suggest any of them if they don't know what's going on!

*Continued inside.*

## CALL A CLINIC NEAREST YOU TODAY!

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# AGING WITH GRACE

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## The Importance of Physical Therapy for Healthy Aging

With a physical therapist, you can work together to create a physical exercise plan to make sure you're gaining as much physical activity as you can throughout the day. Many physical therapy practices also have nutritionists who can set up a meal plan to ensure you're getting the nutrients you need and maintaining a healthy weight.

Your initial physical evaluation may consist of several parts to better determine what your most problematic factors are. These may include vision tests, thinking tests, resting heart rate checks, active heart rate checks, and evaluations of your gait, balance, range of motion, and strength.

Based on the results of this evaluation, your physical therapist will design a treatment plan around your specific needs.

These plans are aimed first and foremost at reducing your risk of falling, but they will also aid you in improving balance, strength, flexibility, endurance, and overall movement. Some common forms of treatment include:

- **Walking and moving programs.** This part of your treatment plan is aimed at getting you back to your normal physical function when walking and/or moving. Your physical therapist may ask you to perform certain activities, such as walking in a circle or completing an obstacle course.
- **Pain management.** If you are feeling pain anywhere, it will be one of the first things addressed in your treatment plan. Your physical therapist will want to make sure that your treatment is as comfortable as possible, so you will work together on relieving pain first before

## Exercise Essentials

### WALL PUSHUPS

Start by standing facing a wall a few feet back. Lean forward and place your hands on the wall, keeping your arms straight. Slowly brace your abdominals and bend your elbows to lower your body closer to the wall. Press back up with your hands, straightening your elbows back out.



continuing into any other forms of physical activity that may bring you discomfort.

- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a realistic, safe, balanced training plan for you as part of your treatment. They may ask you to perform certain balance-based activities, such as standing on one leg or holding your balance while performing a mentally stimulating task (reciting the alphabet or reading a page from a book).
- **Strength training.** Strength training is typically paired with your balance training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement. The goal of this will be to improve your standing and walking balance, as well as your ability to recover from a loss of balance.

## Are You Ready for Natural Healing?

You deserve to enjoy your golden years, and there are several preventative measures you can start taking right now. If you're ready to say goodbye to anti-inflammatory medications for pain management, you've come to the right spot.

**Our physical therapists are here to help you age as gracefully as possible with effective therapeutic methods. Give STAR Physical Therapy today to schedule an appointment!**



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# The Benefits of Stretching

As you age, your muscle tissue actually dries out a little, tightening. This causes a loss of range of motion in your joints and tissues. In addition to the loss of range of motion, it can really limit your active lifestyles and hinder day-to-day, normal motions. Tasks that used to be simple, such as dressing or squatting down to tie your shoes, now become extremely difficult. A regular stretching program helps lengthen your muscles and makes daily living activities much easier.

Everyone can learn to stretch, regardless of age or flexibility.

Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can end up giving you huge results!

Stretching is a natural part of what we do on a daily basis. You might notice that if you have been sitting in a particular position for a long time, you stretch unconsciously. It feels good!

In addition to that good feeling, a consistent stretching program will produce large gains in flexibility and joint movement. Be kind to your muscles and they will be kind to you!



## Patient Success Spotlight



### "THE EXERCISES THAT WERE GIVEN TO ME WERE SUCH A GREAT HELP WITH MY HEALING JOURNEY"

*"My experience at therapy was great and I was treated with the utmost respect. The exercises that were given to me were such a great help with my healing journey. Thanks to all of you for a great experience at STAR Physical Therapy and making me feel always welcomed. Thank you again, may God bless you all." – Joyce W.*

## Staff Spotlight



### KATIE HENDERSON

Receptionist in our  
Covington Clinic

#### What do they love about working at STAR?

I love the amazing team STAR has. They have such a welcoming environment and you are treated like family. I also love being part of a team that gets to help so many people and improve their lives.

#### What is something about her that people may be surprised to learn?

Something that people might be surprised to learn about me is that I like to go skydiving.

## CALL A CLINIC NEAREST YOU TODAY!

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985.888.0845

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EAST**  
504.383.9983

**NEW ORLEANS  
LAKEFRONT/  
GENTILLY**  
504.264.6258

**ALGIERS**  
504.267.2337

## STAR PT Workshops!

### HEALTHY AGING FUNNEL WORKSHOPS

<b>2/7 @ 6:00PM</b> <b>ALGIERS CLINIC</b>	<b>2/5 @ 6:00PM</b> <b>LAKEFRONT CLINIC</b>	<b>2/6 @ 6:00PM</b> <b>COVINGTON CLINIC</b>
<b>2/8 @ 6:00PM</b> <b>NEW ORLEANS EAST CLINIC</b>	<b>2/6 @ 6:00PM</b> <b>SLIDELL CLINIC</b>	



## COME BACK TO STAR PT!

- Has an old pain flared up?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to STAR Physical Therapy. Call us today!