

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

HOW PHYSICAL THERAPY CAN TREAT COMMON HEALTH RISKS

IN PEOPLE OVER 60

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Number of Turkeys: Three Total



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How PT Can Treat Common Health Risks In People Over 60

As we age, our bodies become more susceptible to certain health risks. Our bodies begin to notice the “wear and tear” that has developed throughout the years, causing us to slow down and putting us at risk for health conditions.

Luckily, physical therapy can help soothe some of the health conditions that your body may experience with age. If you are looking for pain relief, Idaho Spine & Sports Physical Therapy can help! Call our office today for more information.

What Should I Look Out For?

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. Senior citizens account for 12% of the world’s population, so it is important to know what challenges to look out for when you begin to reach age 60 and above.

Some common health issues people face as they age include:

- **Chronic disease.** The National Council on Aging states that 92% of senior citizens experience at least one chronic disease, while 77% experience at least two. The most common chronic diseases are diabetes, heart disease, cancer, and stroke.
- **Cognitive health issues.** These types of health risks impair one’s memory, making it difficult to remember and recall as easily as they used to, in addition to hindering the ability to learn new things. The most common cognitive health issue is dementia, affecting approximately 47.5 million people worldwide.
- **Physical injury.** Did you know that a senior citizen is admitted to the hospital due to a harsh fall every 15 seconds? Aging causes bones to shrink and muscles to lose their strength, making it more common for us to lose our balance and injure ourselves as we age. Harsh falls are the leading cause of injury among older adults.
- **Malnutrition.** Malnutrition in older adults is very common, but often undiagnosed. It typically stems from other health issues, such as dietary restrictions, minimal appetite from limited physical activity, or a cognitive disease causing one to forget to eat.

Giving Thanks To You!

*Free Screening in November When you
Bring in This Newsletter*



Feel Better By Eating Better!

Vegetarian French Onion Soup

- 6 tablespoons extra-virgin olive oil
- 3 pounds medium yellow onions, halved and thinly sliced
- ¾ teaspoon sea salt
- 1½ tablespoons balsamic vinegar
- 1½ tablespoons tamar
- 1½ tablespoons fresh thyme leaves
- 3 garlic cloves, minced
- 3 tablespoons all-purpose white flour
- 1 cup dry white wine
- 6 cups vegetable broth
- Freshly ground black pepper

Heat the oil in a large pot or Dutch oven over medium heat. Add the onions, salt, and several grinds of pepper and toss to combine. Reduce the heat to low and cook for about 40 minutes, stirring every few minutes, or until the onions are very soft. Increase the heat to medium and cook 15 to 20 more minutes, stirring often, until golden brown. Add the vinegar, tamar, thyme, and garlic and stir. Sprinkle the flour on the onions, stir, and cook for 2 minutes. Stir in the wine and cook 2 minutes, or until evaporated. Add the broth and simmer over medium heat for 30 minutes.

Preheat the oven to 450°F and line a baking sheet with parchment paper. Place the baguette slices, topped with cheese, on the baking sheet and bake until the slices are toasted and the cheese is melted, 8 to 10 minutes.

Ladle the soup into ramekins or bowls and top each with a toasted baguette piece, fresh thyme, and a pinch of red pepper flakes, if desired.

What Can I Do To Proactively Avoid These Health Risks?

There are some preventative measures that you can take on your own to try and avoid some of these health conditions; however, sometimes the aid of a professional becomes necessary. Physical therapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Some Simple Ways To Avoid These Health Risks Are:

For prevention of chronic disease – obesity, poor diet, and lack of physical activity are the main culprits leading to chronic disease.

On your own, you can make it a habit of making healthy meals, making sure to add in all balanced food groups. You can also take a small portion out of your day to participate in physical activity, within reason. Even something as small as walking down the block can make a big difference.

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 for you, to make sure you're getting the nutrients that you need and maintaining a healthy weight.

For prevention of cognitive health issues – exercise is one of the best steps you can take in order to maintain healthy cognitive health.

On your own, you can make it a habit to exercise daily, within reason. Exercise is mentally stimulating and it helps keep you sharp!

With a physical therapist, you can work together to create a treatment plan that works for you. This will include treatment-specific exercises, aimed at increasing cognitive health, and they may be paired with strength and flexibility training to help prevent other health issues.

For prevention of physical injury – the most common cause of physical injury is weak bones, joints, and muscles.

On your own, you can try to participate in strength-training exercises to

prevent bones from becoming brittle. It is also important to maintain a healthy diet, making sure you have a sufficient protein and calcium intake, in order to help with bone strength.

With a physical therapist, you can get assistance with strength and flexibility training, having your PT create a specialized plan for you. Osteoarthritis and osteoporosis are some of the leading causes of frailty. If you suffer from one of these conditions, your physical therapist can create a treatment-specific exercise plan for you. These excises will be done with your physical therapist, to make sure they are being completed correctly and safely. Your physical therapist may also suggest at-home exercises for you to do. He or she may also suggest another form of treatment, such as aquatic therapy, in order to increase muscle strength and ease discomfort.

For prevention of malnutrition – poor diet is the cause of malnutrition, but it can stem from other underlying issues.

On your own, you can try to maintain a healthier diet by making sure you get a sufficient intake of all 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. Exercise can also help increase appetite, which can make eating a meal easier.

With a physical therapist, you can create a nutritional meal plan based on your needs. This will help you figure out exactly what you should be eating, what you should avoid, and what you may need more of. Your physical therapist may also suggest other physical treatments in order to increase appetite and/or maintain cognitive health.

If you are suffering from some of these health conditions, or you think you might be, give our team at Idaho Spine & Sports Physical Therapy a call today. We'll be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. Aging doesn't have to be as daunting as it seems – our physical therapists can help you maintain your highest quality of life!



Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Meridian Location
(208) 286-2707

Boise Locations
(208) 939-0533

Fax Number
(208) 939-3341

Clinic Hours
Monday - Friday | 7AM - 7PM

