



**21stCENTURY
REHAB**
Work well. Play well. Live well.

The well Report.... the way to Live well!

HOW PHYSICAL THERAPISTS MANAGE DIABETES

Your physical therapist will review your record of blood glucose levels, and will check your skin for wounds. Your physical therapist will conduct a complete assessment of your strength, flexibility, endurance, and balance, and use the results of the testing to design an individualized treatment program that addresses your problems and needs. Your treatment program can help improve:

- Motion
- Strength
- Flexibility
- Endurance
- Balance and coordination
- Walking ability
- Pain levels.
- Blood Glucose levels

Physical activity, such as prescribed exercise, can help lower your blood glucose levels. Your physical therapist can design a safe, individualized exercise program for you to help control and lower your blood glucose levels each day.

Your physical therapist will teach you strengthening, stretching, and aerobic exercises to perform on your own at home. These exercises will be specific for your needs; if you do them as prescribed by your physical therapist, you can speed your recovery.

Your physical therapist will discuss your activity goals with you and use them to set your recovery goals. Your treatment program will help you reach your goals in the safest, fastest, and most effective way possible.



**10% of the US has
Diabetes. Do you?**

DID YOU KNOW?

8 Million Americans do not even know that they have Diabetes.

According to US Centers for Disease Control and Prevention (CDC), a quarter of those in United States living with Diabetes do not know they have it.



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9 Physical Therapist Tips to Help You #Age well

We can't stop time. Or can we? The right type and amount of physical activity can help stave off many age-related health problems. Physical therapists, who are movement experts, prescribe physical activity that can help you overcome pain, gain and maintain movement, and preserve your independence—often helping you avoid the need for surgery or long-term use of prescription drugs.

Here are nine things physical therapists want you to know to #Age well.

- 1. Chronic pain doesn't have to be the boss of you.** Each year 116 million Americans experience chronic pain from arthritis or other conditions, costing billions of dollars in medical treatment, lost work time, and lost wages. Proper exercise, mobility, and pain management techniques can ease pain while moving and at rest, improving your overall quality of life.
- 2. You can get stronger when you're older.** Research shows that improvements in strength and physical function are possible in your 60s, 70s, and even 80s and older with an appropriate exercise program. Progressive resistance training, in which muscles are exercised against resistance that gets more difficult as strength improves, has been shown to prevent frailty.
- 3. You may not need surgery or drugs for low back pain.** Low back pain is often over-treated with surgery and drugs despite a wealth of scientific evidence demonstrating that physical therapy can be an effective alternative—and with much less risk than surgery and long-term use of prescription medications.
- 4. You can lower your risk of diabetes with exercise.** One in four Americans over the age of 60 has diabetes. Obesity and physical inactivity can put you at risk for this disease. But a regular, appropriate physical activity routine is one of the best ways to prevent—and manage—type 2 diabetes.
- 5. Exercise can help you avoid falls—and keep your independence.** About one in three U.S. adults age 65 or older falls each year. More than half of adults over 65 report problems with movement, including walking 1/4 mile, stooping and standing. Group-based exercises led by a physical therapist can improve movement and balance and reduce your risk of falls. It can also reduce your risk of hip fractures (95 percent of which are caused by falls).
- 6. Your bones want you to exercise.** Osteoporosis or weak bones affects more than half of Americans over the age of 54. Exercises that keep you on your feet, like walking, jogging, or dancing, and exercises using resistance, such as weightlifting, can improve bone strength or reduce bone loss.
- 7. Your heart wants you to exercise.** Heart disease is the No. 1 cause of death in the US. One of the top ways of preventing it and other cardiovascular diseases? Exercise! Research shows that if you already have heart disease, appropriate exercise can improve your health.
- 8. Your brain wants you to exercise.** People who are physically active—even later in life—are less likely to develop memory problems or Alzheimer's disease, a condition which affects more than 40% of people over the age of 85.
- 9. You don't "just have to live with" bladder leakage.** More than 13 million women and men in the US have bladder leakage. Don't spend years relying on pads or rushing to the bathroom. Seek help from a physical therapist.



How Can Physical Therapy Help with Obesity-Metabolic Syndrome?

Your physical therapist will work with you to design a specific treatment program to address your needs, including exercises you can do at home. Aerobic exercise and strength training will likely be included in your program, as they both help in weight loss and weight control. Physical therapists are trained to create safe, effective physical activity programs for people of all ages and abilities.

Physical therapists can also help individuals address any underlying reasons for their unhealthy behaviors; they are trained to identify any barriers to developing healthy habits, setting individual goals, and sticking to the program. Your physical therapist can help you:

Improve movement. Your physical therapist will choose specific activities and treatments to help restore normal movement of stiff joints. These might begin with "passive" motions that the physical therapist performs for you, and progress to active exercises that you do yourself.

Improve flexibility and posture. Your physical therapist will determine if any of your major muscles are tight, and teach you how to gently stretch them. Your physical therapist will also assess your posture, and teach you exercises to improve your ability to maintain proper posture. Good posture can make difficult activities easier and less painful, and even improve your breathing.

Increase activity levels. Your physical therapist will discuss your activity goals with you, and design your exercise program to address your individual needs and goals. Your physical therapist will help you reach those goals in the safest, fastest, and most effective way possible.

BENEFITS OF PHYSICAL THERAPY

Maximize Your Movement

Pain-free movement is crucial to your quality of life, your ability to earn a living, and your independence. Physical therapists are movement experts who can identify, diagnose, and treat movement problems.

Participate In Your Recovery

Physical therapists work collaboratively with their patients and clients. Treatment plans are designed for each person's individual goals, challenges, and needs.

Avoid Opioids

Opioid risks include depression, overdose, and addiction, plus withdrawal symptoms when stopping use. In some situations, dosed appropriately, prescription opioids are an appropriate part of medical treatment. However, the Centers for Disease Control and Prevention (CDC) is urging health care providers to reduce the use of opioids in favor of safe alternatives like physical therapy for most long-term pain.

Avoid Surgery

Before you undergo expensive or invasive surgery, try physical therapy. For some conditions, including meniscal tears and knee osteoarthritis, rotator cuff tears, spinal stenosis, and degenerative disk disease, treatment by a physical therapist has been found to be as effective.



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WHAT'S YOUR STORY?

Although painful to even move in the beginning, the staff at 21st Century Rehab was very compassionate and supportive. We began with exercises and stretches targeting my areas of pain. They provided me with the reassurance and confidence I needed to push myself further each day.

I was barely able to bend, squat or do any of my daily activities, including the simplest things like doing my daughter's hair. By following their guidance and being lifted by their support and confidence in me, I once again am able to move around on my own and enjoy mommy-daughter activities.

In the beginning I joked that I was in the market for a new body. I leave feeling as though I found it! I encourage others who arrive here to be receptive, have a student mindset, and to move forward with your treatment. Just takes a little work! Best of luck to everyone here and may God bless those here who have a servant's heart.

-Amanda R.



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