



SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559
Fax 913.384.0558 • www.serctherapy.com

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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries and disorders

CLINICS

Belton/Raymore
Blue Ridge Tower
Clinton
Harrisonville
KC North
Kearney
Lansing
Lee's Summit
Liberty
Metro North
Odessa
Olathe
Overland Park
South Raytown
Shawnee

MAKING THE MOST OF | The Golden Years

As we grow older, it is common to experience more difficulty getting around, sometimes accompanied by stiffness, tenderness, imbalance or pain. This difficulty can be caused by a number of factors, including arthritis, poor posture, decreased activity levels or muscle imbalance, among other things.

Many people believe that these difficulties are an unavoidable part of growing older. However, consider how some minor adaptations to your regular routine can help alleviate pain, stiffness and imbalance:

JOINT RELIEF

- » Use more of your body to accomplish an activity. For example, when getting out of a seated position, use your arms to help push your body up instead of just using your legs.
- » Put heavy items you use daily on lower shelves or drawers to prevent reaching overhead with heavy items.

GAIT, BALANCE & ENDURANCE

- » Get up and move around. You may need to start with short walks around your living quarters, but do it often (for instance, at every commercial break).
- » Consider using an assistive device, such as a cane or walker. You should be able to stand on one leg for at least 5 seconds, to go up and down stairs safely.

POSTURE

- » Try not to sleep with more than one pillow under your head. If you need elevation, use more pillows under your upper back and head.
- » Sit up straight and try to push your shoulders back to open your chest for easier breathing.
- » Do stretches to promote increased circulation and muscle length.

For some people, physical therapy may provide further relief. Consider asking your doctor about the possible benefits of Physical Therapy. It's time to polish the tarnish off the golden years!

