



HOW PHYSIOTHERAPY CAN HELP *COMMON HEALTH RISKS IN PEOPLE OVER 60*

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INSIDE:

- How Physiotherapy Can Help
- Treatment Spotlight: Compression Stockings



HOW PHYSIOTHERAPY CAN HELP COMMON HEALTH RISKS IN PEOPLE OVER 60

Are you worried about how getting older is affecting your health? Have you put off taking care of yourself and now find your aches and pains seem to be limiting what you can do? At Lake Country Physiotherapy, our physiotherapists can address your overall health and guide you back to feeling good again!

As we age, our bodies become more susceptible to certain health risks, causing us to slow down and risk additional problems. We begin to notice the wear and tear that has developed throughout the years is limiting more and more of our everyday activities.

Age brings a higher risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. In adults 60 and older, these chronic conditions lead to serious illness, disability, and death.

Luckily, physiotherapy can help improve some of the health conditions that your body may experience with age. If you are looking for solutions, Lake Country Physiotherapy can help!

What Are The Most Common Age Related Health Conditions

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. According to the World Health Organization, between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. It is important to know what challenges to look out for when you reach age 60 and above.

For most older adults, good health ensures independence, yet far too many struggle every day with health and safety challenges such as chronic disease, falls, and mental health

issues. All of these conditions can severely impact your quality of life.

Some common health issues people face as they age include chronic diseases like cardiovascular disease, hypertension, cancer, osteoporosis, osteoarthritis, and diabetes have a significant impact on your health and function.



Normal aging causes changes to our sensory system (i.e., eyes, ears, touch, taste, and smell) and changes to muscle strength and fat makeup. There are many regular age-related changes in the immune system, including a chronic inflammatory state and changes to our bowel and bladder function.

One of the most important considerations is how aging affects our cognitive health. Significant changes to our psychological and cognitive function lead to conditions like dementia/Alzheimer's and depression. These types of health risks impair one's memory, making it difficult to remember and recall as quickly as they used to, in addition to hindering the ability to learn new things.

Our physical function is affected due to the changes in our muscles and joints. This leads to an expected reduction in our walking speed and overall mobility decline. Unfortunately, these changes also make us more susceptible to falls. Falls are the leading cause of injury among older adults.



Get your life back on track with
Lake Country Physiotherapy!

www.LakeCountryPhysio.com

Phone: (705) 413-3587 Fax: (705) 327-9064



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend you come in for an appointment.

Call **Lake Country Physiotherapy** to talk with your physiotherapist today!

How Physiotherapy Can Help

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. Physiotherapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Together with our physiotherapists, we can create a physical exercise plan to ensure you're getting as much physical activity as you can throughout the day. This will include treatment-specific exercises to increase strength and overall mobility to help prevent other health issues.

It is also essential to maintain a healthy diet, ensuring you have sufficient protein to help with bone strength and minimize muscle wasting. Our physiotherapists can help set up a meal plan for you to ensure you're getting the nutrients you need and maintaining a healthy weight.

Your physiotherapist may also suggest at-home exercises for you to do. They may also offer another form of treatment, such as aquatic therapy, to increase muscle strength and ease discomfort.

Call Today To Schedule An Appointment

If you are suffering from some of these health conditions or think you might be, give our team at Lake Country Physiotherapy 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 physiotherapists can help you maintain your highest quality of life!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5732407/>
<https://www.ncoa.org/article/the-top-10-most-common-chronic-conditions-in-older-adults>
<https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>



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COMPRESSION STOCKINGS



Treatment Spotlight: Compression Stockings

Have you been dealing with edema in your legs that never seems to go away? Are you having problems with your circulation and worrying about traveling this holiday season? The good news is that compression can help!

At Lake Country Physiotherapy, our physiotherapists use proven strategies like compression stockings to help our patients achieve the best possible outcomes. We will collaborate with your physician to ensure you get a prescription for medical-grade compression and get your circulation flowing more efficiently!

How Does Compression Help?

Typically, movement in the body stimulates blood flow through the contraction and relaxation of the muscles. If this system is impaired by injury, disease (i.e., diabetes, cellulitis), or aging, blood flow is impaired, and swelling builds.

Medical-grade compression stockings are elastic garments designed to exert controlled pressure on the vein walls in the legs (and arms) to improve circulation. Applying compression promotes lymphatic drainage and the transportation of fluid back into the circulatory system. The result is less swelling and improved blood flow.

If you are looking for one of the best ways to improve your circulation or enhance your healing, call Lake Country Physiotherapy to see if compression therapy is the answer you have been looking for!



Staff Spotlight *Rob Gordon, Registered Physiotherapist*

Rob's educational background consists of a MSc in Physiotherapy from the University of Toronto and a BSc in Kinesiology from the University of Waterloo.

Rob has been working in a private practice orthopaedic setting since 2006. He has experience treating sports related injuries in athletes of all ages, post surgical rehabilitation, along with motor vehicle accidents and work related injuries.

Rob's treatment philosophy is based on assessing and evaluating specific orthopaedic dysfunctions and restoring functional biomechanics and movement patterns. He employs manual therapy, myofascial release and neural mobilization techniques to restore joint and tissue mobility while reinforcing this with specific exercise training and education to maintain function and prevent injury recurrence. Gunn IMS provides Rob with a different paradigm of treatment to manage neuropathic and chronic pain.

Clinic News!



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- Contusions
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- Knee Pain
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- Neck Pain
- Pelvic Injuries
- Shoulder Pain
- Sports Injuries
- Sprains