



AGE IS JUST A NUMBER

DISCOVER HOW PHYSICAL
THERAPY CAN HELP
COMMON HEALTH RISKS
IN PEOPLE OVER AGE 60

Today, we are going to talk about something very important: how physical therapy can help people over 60 years old.

Meet James, a spirited 65-year-old who loved his morning walks in the park, cherished his weekends playing golf with friends, and was always ready to play with his grandkids. However, as the years rolled on, James started noticing that his legs were not as strong as they used to be, his back ached a little more than usual, and those morning walks felt more like a chore than a pleasure.

Like James, as we navigate through our 60s, many of us feel that our bodies are slowly betraying us. Those beautiful golden years we looked forward to spending in recreation now seem to be sprinkled with little bouts of health concerns here and there. It seems like aging has thrown us a curveball, making our daily activities and favorite hobbies more challenging.

But it doesn't have to be this way! Imagine if you could regain that skip in your step, the strength to swing your golf club, or the ability to stay active and enjoy time with your loved ones without worrying about a looming backache or the risk of a fall. This is a very achievable reality!



This is where physical therapy revitalizes your body and spirit, one session at a time!

What Happens When We Get Older?

You may have noticed or heard a loved one talk about feeling stiff or having aches and pains as they get older. Well, it's true that our bodies undergo various changes as we age. When people reach the age of 60 and above, they sometimes find that their muscles aren't as strong as they used to be, and they might not move as quickly.

Let's explore some of the most common physical changes we experience as we get older:

- **Joints:** As we grow older, our joints might not be as limber as they were when we were younger. Conditions like osteoarthritis can make joints a bit achy and less mobile.
- **Muscles:** When we're older, our muscles are not as strong as when we were kids or adults. We lose muscle mass, and with it, we lose strength and reaction time to respond to daily challenges.
- **Balance:** Keeping a good balance can become challenging as we age, leading to slips and falls. Changes to our vision also impact the changes to our muscles and joints, which lead to difficulties with our balance.

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NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.



BANANAS FOSTER PARFAITS

Ingredients

- 2 large ripe bananas
- 6 Tbsp dark brown sugar
- 2 Tbsp unsweetened apple juice
- 1 Tbsp unsalted butter
- 1/4 tsp salt
- 2 cups plain 2% reduced-fat Greek yogurt
- 1/4 cup chopped pecans, toasted

Directions: Peel bananas and cut each in half lengthwise. Cut each half into 3 pieces. Combine sugar, apple juice, and butter in a nonstick skillet. Cook over medium-low heat for 3 minutes or until mixture begins to bubble. Add bananas to pan; cook for 2 minutes or until bananas begin to soften. Spoon 1/2 cup yogurt into the bottom of each of 4 parfait glasses. Divide banana mixture evenly among glasses. Top each serving with 1 tablespoon chopped and toasted pecans.

<https://www.myrecipes.com/recipe/bananas-foster-parfaits>

EXERCISE TO TRY AT HOME

This exercise can help strengthen your hips and abs.

ABDOMINAL STRENGTHENING SUPINE HEEL SLIDES

Start by lying on your back with your knees bent and your feet flat on the floor. Slowly slide one heel away from you by straightening the knee. Draw the heel back to starting position while bracing your abdominals. Repeat on the other side.



PT WIRE

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Getting older is a natural part of life, but it can sometimes bring some changes to our bodies that we might not be too excited about. Thankfully, with the help of PacificPro Physical Therapy & Sports Medicine physical therapists, you can continue to enjoy your favorite activities and even try new ones while keeping your bodies happy and healthy!

How Our Physical Therapists Can Help

Like James, many of us might feel slower and less sturdy as we age. Fortunately, our physical therapists are here to help you get back into action. We'll start by conducting a comprehensive evaluation, including a physical examination and medical history, to understand your physical abilities and overall health.

Next, we'll design a program to address your specific needs, including:

- **Mobility Exercises:** We'll guide you through gentle stretches and mobility work to ease the aches in your joints and improve your overall ability to move.
- **Strengthening Exercises:** Our therapists will teach you targeted strengthening exercises to improve your ability to react and regain your power. Strong muscles mean we can safely continue doing all the things we love.
- **Balance and Gait Drills:** Physical therapists can teach us special exercises and drills that make us more stable so we can walk safely without worrying about falling.

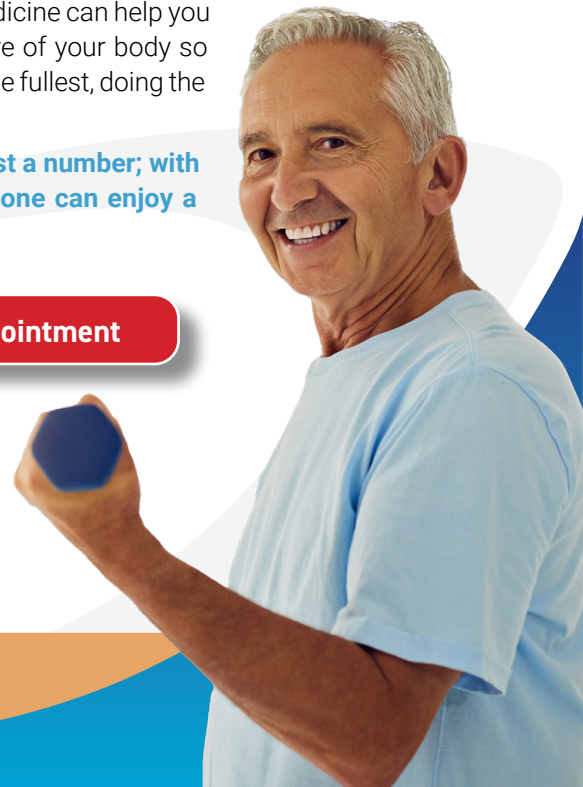
Our experienced therapists will help guide you to a happier and healthier life, where morning walks are a joy and playing with the grandkids is a breeze!

Get the Right Guidance To Getting Older!

If you or someone you know is over 60 and wants to take great care of their health, visiting PacificPro Physical Therapy & Sports Medicine can help you learn how to take care of your body so you can enjoy life to the fullest, doing the things you love most!

Remember, age is just a number; with the right help, everyone can enjoy a wonderful life!

[Request an Appointment](#)





Keeping Steady with Your Physical Therapist's Help

As we get older, sometimes it can be a bit harder to keep our balance. Fortunately, our physical therapists are here to help you stay steady and prevent falls.

When you visit PacificPro Physical Therapy & Sports Medicine, you'll get checked to see how well you can walk, how strong your muscles are, and how balanced you feel while standing. We'll also provide some tips to make homes safer.

Here are some ways our physical therapists help:



- **Understanding Your Movement:**
We'll check how you walk and move to find the best way to help you.



- **Custom Exercises:**
We'll teach targeted exercises to make your muscles stronger and improve your balance.



- **Safety Tips for Your Home:**
We provide guidance on how to make your home safer so you won't trip or fall, like putting up bars to hold onto in the bathroom or making sure all rooms have enough light.

Our team will work to help you feel more confident when walking so you don't have to worry about falling. **So, if you want to make sure that you or a loved one are walking safely and confidently, give us a call!**

[Request an Appointment](#)

Patient Success



"My Physical Therapist, Torey, has gone above and beyond to ensure we maximize results that have been critical to my healing and mobility."

"PacificPro Physical Therapy & Sports Medicine in Laguna Hills has an amazing staff and is in a great location. The staff is professional, team-oriented, friendly, and extremely knowledgeable about various injuries, utilizing their skill set that is unique to each patient. I've been going after recently undergoing two knee surgeries and have been extremely happy/satisfied with the results over the last few months. My Physical Therapist, Torey, has gone above and beyond to ensure we maximize results that have been critical to my healing and mobility. Thank you to Torey and the staff for all the great care." —Dana L., Laguna Hills clinic

[Share Your Success Story](#)

Thank you!

Are You In Pain? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.



pacificpropt.com

CORONA
951.407.9233

HEMET
951.929.9890

IRVINE
949.679.3988

LAGUNA HILLS
949.716.2730

**LAKE ELSINORE/
CANYON HILLS**
951.244.8404



Menifee
951.679.1943

MURRIETA
951.600.0054

**MURRIETA/
FRENCH VALLEY**
951.417.8195

RIVERSIDE
951.367.1120

TEMECULA
951.506.0200

**MURFREESBORO,
TENNESSEE**
615.962.8232