

HealthLine

Vol.16.01

HEALTHY LIVING IS A BALANCING ACT!



Are you not as active as you used to be? As we age, we lose muscle and bone mass leading to the development of problems such as back pain, arthritis, and osteoporosis. This makes everyday activities like squatting, getting out of bed, and going up and down steps difficult. Regular exercise and physical therapy slows this loss of muscle mass, strengthens bones and reduces joint and

muscle pain. It also helps prevent future conditions and slows the aging process. In addition, physical therapy improves mobility and balance, which lessens the risk of a fall or suffering a serious injury. Instability can effect anyone, but fear not, we are here to help!

We all know that activity is important but it's much simpler than you think and can be more beneficial in prevention than ever. Scientists previously thought strenuous exercise was necessary, however, new research suggests that just 30 minutes of moderate, daily activity provides most of the health benefits needed. Moderate intensity is best, but even low-intensity is better than nothing. While some people may enjoy participating in a regularly scheduled fitness class, others may find it easier to increase daily activity, like walking. If you have chronic aches and pains or you are weak and unstable, it can be difficult to be active. This lack of physical activity will worsen your condition. This is where physical therapy can help. Not only do we relieve your aches and pains, we also teach you how to safely exercise to maintain pain-free mobility.

It's never too late...

Physical activity can help your balance (instability) because they are connected. Many people think that having poor balance only occurs as we age. However, poor balance is one of the leading causes of sports injuries, chronic back pain and much more. Poor balance often goes undetected until it is severe, putting one at exceptional risk for injury. It is even worse for adults over the age 65, of which one-third fall every year due to balance issues. According to Philips Lifeline, Learn Not To Fall program, people who experience a fall are at increased risk for future falls. In fact, 53% of those who fall will fall again within 6 months. Falls account for 25% of all hospital admissions, and 40% of all nursing home admissions. 40% of those admitted do not return to independent living; 25% die within a year. Falling stats are shocking, but with our help, it's nothing you need to fear.

At **HealthQuest**, we listen and create custom hands-on treatments that alleviate your pain, improve your balance and improve movement. Call us today or come in for a free consultation or fitness screen to see how we can help you get, and stay, in balance and active!

People who walk more, outlive those who don't by several years. In fact, every minute of walking can extend your life by 1.5 to 2 minutes.

(U.S. Dept. of Transportation
Federal Highway Administration's 2015
Pedestrian and Bicycle Information Report).

At **HealthQuest** we motivate, educate and rehabilitate, on our quest to help people live life well!
Call us toll free at 1-855-**HQPT**-4-ME to schedule your **free consultation** or **training session!**

"Happiness is a state of activity." — Aristotle

Exercise Essentials | Easy Exercises

Always consult your physical therapist or physician before starting an exercise regimen.



Single Leg Balance

- Begin in a standing, upright position near a stable support (i.e. a chair or counter top).
- Engage core (tighten tummy to protect your back) and lift one leg towards your chest working towards 90 degrees.
- Hold 30 seconds and repeat three times for each leg, three times daily.



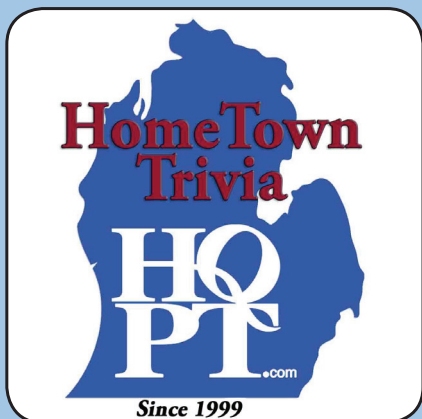
Standing hip abduction

- Begin in a standing, upright position and near a stable support (i.e. a chair or counter top).
- Engage core and lift one leg directly to one side and then bring back down.
- Complete sets of 10 on each side, once a day.

HomeTown Trivia...

In Michigan, we have the highest payback rate in the country for what? (Hint: most people dread doing this because of the smell and stickiness.)

Visit www.HQPT.com and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on January 31, 2016.)



Congratulations to our December HomeTown Trivia winner, Linda F. from Madison Heights!

Patient Spotlight...

Annmarie has always been an active gal so when she experienced an injury, it was not only a physical battle but a mental one. Her goal was to get back to karate. "I missed it, I couldn't wait to go back!" Currently, at age 53, she has accomplished great works with many more planned! She's a blue belt in karate, striving for the elusive black belt. Annmarie has come to us many times for different injuries. "After my time at HQPT, I can go back to kicking and punching faster and stronger! Everyone is so helpful and has my best interest in mind. I'm truly grateful that I can live my life again!"



Ask the Therapist...

Question:

Even though I'm weak and unstable, should I still exercise?

Answer:

The common misconception when one feels weak and unstable is to avoid standing and walking (fear of falling.) This lack of activity becomes a downward spiral, leading to more weakness and instability. Therefore, proper strengthening and balancing activities, specifically in standing, are key to improving confidence and reducing the risk of falls. Good balance is a skill which requires practice and repetition. Balance is one of the first things you lose when you stop activity, but one of the quickest things to return when you start practicing.

Question:

What advice can you suggest if I know someone who is a fall risk?

Answer:

The risk of falling is something to take seriously and may have severe consequences if not addressed quickly. Falls and fall related injuries have been the leading cause of injury related deaths among older adults. Fall related hip fractures account for approximately 25% of injury death among those over 65 years old. Although these statistics show the seriousness of falls, when proper assessment and intervention are implemented, most people at risk will improve and significantly reduce their risk of falling. Seek the attention of a physical therapist who will properly assess the source of the problem and prescribe a treatment plan. This will improve your balance control and reduce your risk of falling...a perfect opportunity for a free consultation with us!



Share the Gift of Good Health!

Mention us to family & friends.
For every new patient you refer,
we'll send you a \$25 gift card...
our way of saying THANKS!



This month's 'Ask the Therapist' is brought to you by Don Felstow, director of our Romeo location. (Pictured above from left to right: Amanda, Don, Emily, Josh and Rachel.) His HealthQuest journey began in 2006 simply because our mission and philosophies were in alignment. He proudly leads his team under the same principles, today.

Don has always had a passion for science and sports along with a deep desire to help people. He loves what he does. Don's alma mater, Oakland University, provided him with a rich education. He continues to enjoy learning to reach and help more people. He achieved his Master's in PT along with an OMPT advanced certificate, which is something not very many PTs do.

Don and his wife have triplet girls and a younger son. As a family, they are active in their church, sports, and community. The Romeo team loves being part of such a close-knit community and enjoys leading the Bulldogs to victories!

HealthQuest

PHYSICAL THERAPY AND MEDICAL FITNESS
1773 Star Batt Dr., Rochester Hills, MI 48309

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**BALANCE & ACTIVITY
SEE INSIDE; WE CAN HELP!**

DON'T FOCUS ON SKINNY, FOCUS ON HEALTHY!

The New Year always seems to come with resolutions - this year, don't make yours based on appearance. While it's great to set personal goals, it's more important to be healthy while doing them. The best fitness resolution includes a blend of balanced nutrition and fitness. At all of our locations, we offer varying options for fitness. Our Clarkston and Macomb facilities have FitnessQuest, Clawson has Stars and Stripes CrossFit, and all of the other locations have Medical Fitness programs that are appropriately sized for each location. We offer a variety of classes, as well as small group and personal training. SilverSneakers® are specifically geared towards seniors and is typically free (if included with your insurance policy). Let your goals be led by balance and let us help you truly live life well!



Call us toll free TODAY to schedule your FREE Fitness Assessment!

1-855-HQPT-4-ME

12 LOCATIONS TO SERVE YOU

Chesterfield
(586) 713-5590

Clarkston
(248) 922-9001

Clawson
(248) 435-8230

Clinton Township
(586) 783-7590

Lake Orion
(248) 393-7707

Macomb Township
(586) 231-0043

New Baltimore
(586) 436-3900

Oxford
(248) 236-0035

Rochester Hills
(248) 650-4404

Romeo
(586) 336-4022

Shelby Township
(586) 532-9602

West Bloomfield
(248) 788-6100

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