



ISR Physical Therapy Newsletter

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A Proactive Approach to Excellence in Health & Rehabilitation

STAY ACTIVE, REMAIN MOBILE

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If you are over the age of 70 and sedentary, you are more likely to develop problems walking or climbing stairs within a few years. So says a study that notes that physical activity is as important to elderly individuals as taking their medications. Staying active helps prevent people from becoming breathless during simple activities; increases muscle mass and strength; and maintains the balance needed to walk upstairs, for instance. During the study of 3,075 men and women between ages 70 and 79, 34% of the men and 47% of the women said they had begun to struggle with walking and climbing stairs. Those who were inactive were twice as likely to report these problems as people who exercised regularly.

No matter how old you are, exercise can improve your quality of life and you don't have to spend a lot of time doing it to see and feel improvements. Like everyone else, seniors need to engage in cardio, strength training and flexibility exercises to stay healthy and maintain as much strength and functionality as possible. If you or a family member needs physical therapy, please call ISR Physical Therapy. We stress a "hands on" approach to physical therapy with education on body mechanics and anatomy.

If you are an older individual who has trouble performing daily activities, consult with a physical therapist, who can prescribe exercise and coping strategies that will help you remain active and independent.

No Excuses, Just Results!!

www.isrphysicaltherapy.com



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Fit Tips:

A NEW YEAR A NEW YOU

A new year is upon us which means it is a great time to set new goals regarding your physical health.

Since most people want to change their physical appearance (lose body fat) it is important to know that your diet is responsible for 80% of that change and 20% of your efforts should be focused on exercise.

With the overwhelming amount of diet books, fads, and magic pills it can be difficult to know where to begin. Having a balanced view of yourself and your diet is always the best answer.

Small steps can make big differences!

1. Cut back on soft drinks. Just by eliminating one 12 oz soft drink from your diet per day you can save yourself approximately 2,100 extra calories a week.

2. Pack a lunch instead of eating fast food. A fast food meal will have double possibly triple the calories of a healthy meal prepared from home.

3. Skip the dessert and opt for a small side salad.

“Before therapy I was not able to go shopping or walk for a long period of time. Now I can go up and down stairs and walk without any pain.” A. D.

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