

ISR Physical Therapy Newsletter



Healthy People 2010

January, 2010



Strength training offers seniors, in particular, the ability to sidestep frailty, disability, and the loss of independence that often accompanies aging. Despite widespread acknowledgment of strength training's benefits, however, the Centers for Disease Control and Prevention (CDC) reports that there has been only a slight increase in the percentage of people who have added strength training to their exercise routine in recent year. In fact, in the United States, slightly less than 22 percent of adult men and 18 percent of adult women engage in strength training twice per week. These percentages are well below the government's Healthy People 2010 goal of having 30 percent of American adults making strength training a part of their health regimen.

Common perception has been that the loss of strength and muscle mass is a normal result of the aging process. While a certain decrease is to be expected, deterioration of the physical state is as much a result of inactivity as nature. Some of the benefits of strength training include heavier bone density, improved balance and increased total strength. If you or a family member needs physical therapy, please call ISR Physical Therapy. We are dedicated to providing conscientious and confidential care to our patients, and we maintain timely and necessary communication with their physicians and insurance carriers.

*If you are arthritic or have some other condition that hinders your ability to engage in strength training, a physical therapists may be of significant assistance.

"No Excuses, Just Results!"



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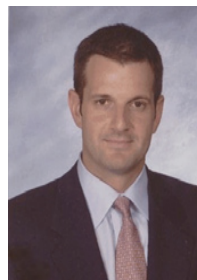
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