

Disabled at Earlier Ages

While the public may associate the term “disability” with seniors, the word is becoming more applicable to middle-aged Americans. Analysis of data from the annual National Health Interview Survey Reveals that more than four respondents in ten between the ages of 50 and 64 years reported difficulty performing at least one of nine physical functions. During the ten-year period studied, there was a significant increase in the number in this age group who indicated that a health problem made it difficult for them to stand for two hours, stoop, walk a quarter-mile, or climb ten steps without resting. An increasing number said they needed help with daily activities such as getting in/out of bed or getting around their houses.

Physical therapy is generally required for those with permanent disabilities, those who have had a major injury or accident and are recuperating, or for those who are suffering from crippling diseases like arthritis, low back pain, or cerebral palsy. In certain cases, some medical conditions impair the patient so much that it becomes necessary to teach the patient to function optimally within the limitations of the condition by building on the residual capabilities remaining. If you or a family member needs physical therapy for an injury, consider receiving these services at ISR PHYSICAL THERAPY.



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