



100 YEAR OLD MAN SHARES RECIPE TO AGING WELL

Paul walked into the physical therapist's office in pain. "I can't sleep a full night without having to get up and walk the halls because my legs hurt so much," he reported.

As the medical history interview continued, the Physical Therapist (PT) realized that Paul was otherwise fairly healthy and he didn't report an incident or injury that would cause his painful condition. Noting significant tightness in both of his lower extremities the PT asked about his activity level.

"I walk 2 miles a day...at least. Sometimes I get lonely and bored in my apartment and go for another walk. I take my rollator with the seat so I have somewhere to sit because I enjoy waving at the people that pass by in their cars." Paul reports starting this activity routine after his wife passed away 5 years ago in order to improve his mood.

Paul received his instruction to begin a home exercise program of stretches and before he put his shoes back on the PT educated him on the **importance of proper footwear**.

The laced up boat shoes he was wearing into the clinic are the same pair of shoes he wears on his 2 mile+ walks...for the last 5 years.



In Paul's case, his pain could have been prevented. **His recipe for aging well; activity, mental health awareness, and socialization**, fell flat when the pain was added in. Had he taken Ben Franklin's advice, "an ounce of prevention is worth a pound of cure", it could've been a feast.

Physical therapists are more than rehabilitation specialists. **Health promotion, prevention, and wellness** are also tools of the trade.

At Prosper PT & Wellness, we can give you appropriate exercises, activity levels, and teach you how to optimize your health.

TAKE THE NEXT STEP TODAY:

- Discuss safe activity levels for your unique health concerns with your physician.
- Attend a seminar by Prosper PT & Wellness to learn more about your health.
- Find a wellness plan that works best for you with Prosper PT & Wellness.

WORD SEARCH

V D E Y Z B S M F U D O M O K H G T
W U O F Z Q K T H E U F Z H Y M A U
W E N S O E B P R E V E N T I O N X
A E L T Z O A U W E A T X E H O T P
L L Q L H Z T M C Q T L J L B B V G
K E X N N J H W U J F C T I W E N Y
I Z K C H E G V E X V X H H Q V N R
N F G A U C S W G A U R B I I J S K
G T B V X D L S U J R Y Y T N R H V
P H Y S I C A L T H E R A P Y G T W
P C L P V V P P R O S P E R B M L K
B C G E Y U B N T O Q M A E L S H Y

Find the following words in the puzzle. Words are hidden up, down, and diagonal.

FOOTWEAR
HEALTH
PHYSICAL THERAPY

PREVENTION
PROSPER
STRETCHING

WALKING
WELLNESS

**HELPING
OLDER ADULTS
AGE WELL
AND
IN PLACE.**

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