More than 108 million adult Americans are overweight or obese. While many may want to take steps to become healthier, they may find that weight-related pain and injuries prevent them from achieving their goals. Difficulties with knee pain and back pain, for example, can prevent someone from beginning a safe and effective exercise program. Fear of injury or re-injury is also a significant deterrent to exercise.

Physical Therapists can make a difference in these situations with injury-prevention strategies that include appropriate therapeutic exercise, stretching, strengthening and balance guidance. They provide education in safe warm up and cool down periods and assist with choices of equipment and footwear. They also work within each individual’s limitations to decrease risk of injury.

Recently, a woman in her 60’s was experiencing knee pain and was referred to Elliot Rehabilitation Services at Mammoth Road. Through walking and biking, her therapist slowly built the patient up to 30 minutes of exercise. Not only did her knee pain improve, but she also experienced a decrease in blood pressure and cholesterol.

To learn more about how Physical Therapy can help you, contact your physician or call Kathy at Elliot Rehabilitation Services at 663-4128.