

ISR Physical Therapy Newsletter



It's Never Too Late

August, 2009

Sedentary types constantly hear experts say that it is never too late to exercise. This advice is backed up by Swedish researchers, who have found that people who put off exercising until the age of 50 can still benefit from physical activity. They should know, however, that the study goes on to point out that it may take ten years for the healthful effects of their late-starting exercise to kick in. That is to say that after ten years, people who began exercising at age 50 lived as long as people who had been engaging in high level of exercise all along. In essence, the impact of starting to exercise later in life was similar to giving up smoking.

Many and all can benefit from therapy. Typically the most appropriate patients are those who have been in accidents (work-related, automobile, or falls), athletes with overstress injuries, arthritic patients, pre and post-operative patients, and those with general deconditioning or strains. If you or a family member needs physical therapy, consider having these services at ISR Physical Therapy. Our services include post-surgical rehab, sports injury care, back and neck care, BPPV, Lymphdema therapy, and Anodyne therapy for neuropathy.

P.S. If you are an older individual who has never exercised regularly but wishes to start, a physical therapist can get you started with an appropriate exercise regimen.



Kristy Trosclair, PT



Hunter Gray PT, DPT



Jeanne Liner, PTA

"No Excuses, Just Results!"



Richard W. Bunch PhD, PT



Trevor D. Bardarson PT, OCS



Marc D. Cavallino PT, OCS

www.isrphysicaltherapy.com



Houma
478 Corporate Dr.
Houma, LA 70360
985-872-5911

New Orleans
1516 River Oaks Rd. West
Harahan, LA 70123
504-733-2111