



The Aches and Pains of Aging

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Can I Slow Down the Painful Effects of Aging?

The answer is YES! Let's face it, we are all getting older, but there are many people out there who have successfully slowed down the effects of aging. These people prevent injury, illness, surgery and/or their dependence upon medications. Unfortunately, there is no guaranteed warranty on our bodies, but there are several key factors for increasing the mileage and its ease of operation.

First, there are no quick fixes on this subject. Hard work and a smart plan are the major keys to success. By hard work, I don't mean that it has to be difficult or painful. Whatever method(s) you choose to slow the effects of aging, it should be done with diligence, energy and with a specific purpose in mind. I often see patients who have a regular exercise routine or an already established way of treating their injury or disease, but they have no idea why they are exercising or if they are doing it correctly. Understanding the purpose of your exercise and prevention plan along with its key components are vital to successful implementation.

When it comes to keeping your body healthy, moving and working well, you can be helped by applying the following principles no matter what method you use:

1. Exercise without increasing your joint or muscle pain during and after exercise. Soreness is OK, but pain is not normal.

2. Flexibility is the key to maintaining your ability to move the way you want.



Sheila Yonemoto, PT—Owner, Yonemoto Physical Therapy

3. Correct Posture is vital in protecting your joints from injury and allowing you to safely move and exercise throughout the day.

4. Proper Strengthening activities are another major key in preventing the effects of aging and allowing you to function at or above your chronological age.

5. Endurance Building is just as important as strength building, especially while we age.

6. Balance Activities are vital to the type of exercises that you choose. You also need to build a "balancing" activity into your routine as you age.

Through proper planning and the advice of your physician and physical therapist, you can quickly and easily learn the simplest and safest ways to keep your body feeling and working younger!

EXERCISE CAN **DELAY** the **EFFECTS** of **AGING**



“There is no reason to stop exercising or to be in pain. Finding the right balance of exercise is important. As your body matures, recognize that you may need to adapt your activities..”

The National Institute of Health reports that people of all ages and physical conditions can benefit from exercise and physical activity. Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities.

Exercising has many benefits, which includes maintaining bone strength, enhancing muscle and joint function, improving posture and reducing a risk of heart attack and/or stroke.

Baby boomers are exercising at record numbers, but sports injuries from their workouts are sending them to the doctor's offices at a high rate. However, there is no reason to stop exercising or to be in pain. Finding the right balance of exercise is important. As your body matures, recognize that you may need to adapt your activities.

These days, older adults are also more involved in exercise programs. But some older adults are reluctant to exercise. The truth is that their health is hurt more by not exercising than by exercising. An inactive lifestyle can cause older adults to decline in strength, flexibility, balance, endurance and posture. These are important for healthy and independent living.

A Balanced Approach to Exercise:

Include exercises that involve strength, flexibility, endurance and balance. If you are beginning an exercise program, get an OK from your health care provider and start slowly to avoid injury.



Exercise For Strength: Do strength training for all your major muscle groups at least twice a week. Don't work the same muscle groups two days in a row. Go slowly and smoothly, taking care not to hold your breath while exercising. Do two sets of 8-15 repetitions. If you can't lift a weight eight times in a row, it is too heavy. If you can lift a weight more than 15 times, it is too light. Always increase your weight

gradually.

Flexibility: Stretching should be done after the muscles are warmed up. Begin by walking or cycling for a few minutes. You should not experience any pain, only mild discomfort or pulling. Don't bounce! Try holding each stretch 20-30 seconds and repeat three times.

Endurance and Cardio: This type of exercise increases your heart rate and breathing for an extended period of time. It may include walking, jogging, swimming, elliptical, biking, mowing, raking leaves, etc. If just beginning, start

with 5-10 minutes. Build up slowly to 30 minutes four to five times a week.

Balance: Working on balance can improve your core strength. Improving your balance means reducing the risk of falls. This can include a wide scope of exercise due to different balance and skill levels.

On one end of the spectrum, it may

involve doing some of your strength training standing while on a single leg or on foam, a rocker board, a large exercise ball or air-filled discs.

At the other end, it may involve doing leg exercises while holding on to a chair or countertop with one hand, then progress to a fingertip, then to not touching at all. If necessary, have someone watch you to avoid falling.

You may already be participating in an exercise program and doing well. We applaud you!

If you have musculoskeletal or neurological symptoms that prevent you from exercising or cause difficulty with your physical activities, you may benefit from the services of a physical therapist.

Tips and Tricks

EXERCISE TIPS FOR PEOPLE WHO SUFFER FROM ARTHRITIS



1. Warm up and stretch before physical activity. Cold muscles are more prone to injury.

2. Don't be a weekend warrior! Try to do at least 30 minutes of moderate physical activity every day. If necessary, it can be 10 minutes at a time for three or more times a day. It can be a workout at the gym, walking the dog, playing with the kids, mowing the grass or walking from the parking lot to work.



3. Listen to your body. As you age you may not tolerate the same types of activities that you did years ago. You can prevent injury by modifying your activity as needed.



4. Take lessons and invest in good equipment. Lessons are important to insure proper form and reduce the chance of injury. Wear the proper shoes for your sport, making sure they have the appropriate support for your feet.



5. Add activities and new exercises cautiously. Add no more than one or two new activities per workout.

FAQ

frequently asked questions

Is walking good exercise?

Yes, it's great exercise! But only walking does not increase your flexibility or your strength. Supplement it with stretching and strengthening exercises for a balanced approach.

Are climbing stairs a good source of exercise?

If you have knee problems, stairs can cause increased pain. Stairs load the kneecap with about three times your body weight. Climb stairs when you need to, but not for exercise.

Is it good or bad if I hurt worse after exercise?

If you have pain after exercise, it is not good. Muscle soreness that goes away in two-three days can be expected. A physical therapist can help determine the

cause for increased pain. It may be poor technique, lack of flexibility or strength, improper shoe wear, etc.

Why do I wake up stiff?

If you have any osteoarthritis, stiffness tends to be worse after periods of not moving the joint. The proper type of exercise is actually helpful to an arthritic joint.

What kind of shoes should I wear?

The real key is to wear the appropriate type of shoe for your foot. The brand is not as important because all brands carry various types of shoes. If you have a low or flat arch, get a stability shoe. If you have a high arch, get a cushioned shoe. You may need to add an arch support if your particular sports shoe does not have one.

Do you need to see a Physical Therapist?

Take this simple test...

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Do you have pain in your joints or muscles when you try to exercise?
<input type="checkbox"/>	<input type="checkbox"/>	Have you lost flexibility in your arms, legs, back or neck?
<input type="checkbox"/>	<input type="checkbox"/>	Do you need to take medication for pain in your joints or muscles more than once a week?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have problems with your balance when you exercise?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have stiffness in your joints when you wake up in the morning?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have red, swollen joints?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have limited movement or mobility?
<input type="checkbox"/>	<input type="checkbox"/>	Do you limit your activities you enjoy because of pain in your joints?

Results:

Between 2 and 6 Yes:

Physical Therapy is an option for you.

More than 6 Yes:

We would advise you to see a doctor to get a better diagnosis. Physical Therapy is definitely an option.



Featured Therapist

Sheila Yonemoto, P.T.



Sheila was born in Hawaii, raised in Southern California, recently attended her 40th high school reunion with high school sweetheart Stan. She graduated from UCLA with a BS in Kinesiology and an MA in physical therapy from Stanford University. She worked for UCLA hospitals and clinics, getting experience working with orthopedic, general surgery, neurological, pediatric, chronic pain and dental patients. She worked with a team of PT's who were the first to bring manual therapy treatments into UCLA and helped to influence curriculum changes in the Southern California Physical Therapy schools. She also was one of the few physical therapists to work in the UCLA Dental School treating temporal mandibular disorders.

She opened Yonemoto Physical Therapy in 1982 so that she wouldn't have to drive to UCLA and started having babies in 1984. She was able to run her business, raise 3 kids, take classes, participate in professional organizations and develop manual skills as well as learn qigong. She continues to treat patients, teach qigong and spends a lot of time learning about nutraceuticals. Patients have taught her a lot about the important things in life and secrets to a healthy, happy and long life.

SUCCESSES What patients are saying ...

Oh my goodness! Since I've been taking the B-complex, I've had a wonderful, magical experience. I have energy, at least double of my normal energy. As a matter of fact, it's been instantaneous! Hooray! Thank you; thank you, thank you Sheila! - J. W.

I have been suffering from chronic back pain for years. I took medication and other therapy to no avail. Then I read Yonemoto Therapy's article in the newspaper and gave them a call. I immediately decided to try the IMT process because nothing seemed to be working. Since going to Yonemoto Therapy for several months, my back has shown improvement allowing me to be more active and free from pain for longer periods of time. - J. G.

I didn't really know what I was getting into. Mary really helped me get better. I had gone to the doctors after my lower

back started to hurt when I got out of bed in the morning or when I was sitting in front of the TV and got up and felt pain in my back. I found out through



x-rays that I had four discs in my lower back that had shifted. My doctor recommended a place in Pasadena but I didn't want to go that far so I came here. I got Mary as my therapist and she taught me the right and wrong ways of exercising for my back. I do the exercises she taught me 3 times a



day for 30 seconds to keep my back from hurting and it works. She helped me so much that after coming here only 5 times, I have no more pain when I get out of bed in the morning and I feel good. I would recommend my friends to

go to Mary since she made me feel so good.

- A. N.



Thanks to Aram I have much more strength and ability than before, and I know what I

need to do to maintain this and improve. Most remarkable is the improvement in my left ankle. For many years, I had been very limited by pain if I didn't wear special shoes and be very careful. In just a few visits this was corrected, and I can now comfortably wear normal, low-heeled shoes and walk without pain! Thank you! - S. S.

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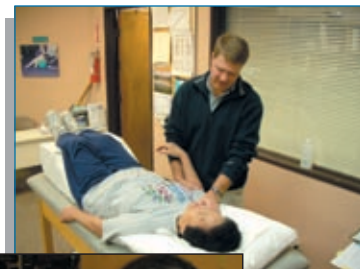
YONEMOTO
PHYSICAL THERAPY

since 1982

Yonemoto Physical Therapy has successfully treated patients since 1982. We provide several therapy programs ranging from Integrative Manual Therapy, wellness programs, WorkSTEPS which provides services for employers, qigong, as well as therapy for common orthopedic problems such as backaches, knee injuries and twisted ankles, and pool therapy programs.

Other specialties include orthopedics and sports medicine, TMJ, chronic headaches, Bell's Palsy, urinary incontinence, and low back pain from pregnancy.

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Tips and Tricks

Frequently Asked Questions

How Exercise Can Delay the Effects of Aging.

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Alhambra • CA 91801
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