

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Request a FREE Consult

Innovative Newsletter

INSIDE:

ARE YOU LIVING WITH A NEUROLOGICAL CONDITION?

5 STAR REVIEWS

EXERCISE TO HELP WITH PAIN

We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

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Quote of The Month:

“True enjoyment is from the activity of the mind and exercise of the body; the two are ever united.”

—Wilhelm Von Humboldt

CALL TODAY!

(315) 786-0655



ADDRESSING DEMENTIA THROUGH COGNITIVE AND PHYSICAL RETRAINING

Watching a beloved parent or grandparent struggle with dementia can be heartbreaking. Changes to memory, behavior, and functionality have a radiating effect, and it can feel as if you're watching the person you love become someone else entirely.

However, there are ways to slow cognitive decline. Research shows that, when it comes to dementia, the mind-body connection is very real. Physical activity improves cognitive functioning in adults across the board – and when you combine it with cognitive retraining exercises, you can improve the quality of life for people suffering from dementia.

For this reason, a physical therapist is a crucial care team member for anyone with cognitive decline. At Innovative Physical Therapy Solutions, we can help guide your loved one through a customized physical activity program while reinforcing and complementing the cognitive training they may be doing with other care providers.

Want to learn more? Schedule an appointment with us today!

What Is Dementia? Signs, Symptoms, and Causes

There is so much that your brain does. It helps you reason and remember. It stores knowledge and allows you to experience emotions. It's what shapes your personality and makes you – you.

But what happens if the brain loses the ability to do those things? The result is dementia, a decline in cognitive ability. About one-third of people aged 85 or older have some form of dementia, although it's important to remember that the condition is not a normal part of aging.

Dementia is caused by changes in the brain that occur as we get older. We don't currently understand why some people experience these changes but not others, although researchers have identified certain risk factors, some in our control (such as exercising regularly) and some not (genetic factors).

Alzheimer's is the most common form of dementia, although other neurological conditions can also cause it. Symptoms of dementia can vary somewhat based on the type of dementia and the parts of the brain that are affected.

Continued inside.

INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME PHYSICAL THERAPY WITH TELEMEDICINE

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Continued from previous page.

Here are just a few of these symptoms, but remember this is not an exhaustive list:

- Confusion, memory loss, or poor judgment
- Difficulty with communication (speaking, reading, or writing)
- Forgetting familiar objects, people, or places
- Changes in personality or behavior
- Hallucinations or paranoia

We understand that dementia is a frightening prospect. The good news is there are ways that you can help your loved one improve their cognitive ability and overall quality of life.



Exercise the Mind; Exercise the Body?

Cognitive retraining is one tool used in treating dementia, especially among people in the early stages, with minimal cognitive decline and who recognize that “something’s wrong.” It consists of targeted, customized cognitive exercises performed both with a therapist and as homework.

If you’ve played Sudoku or other brain-teaser games, you have a good sense of the exercises used in cognitive retraining. Other activities might focus on memory and recall, paying attention, communication, and more – it all depends on the patient’s needs.

However, cognitive retraining is only one piece of a larger puzzle. It turns out that **physical activity** is also important in addressing cognitive decline. Several studies illustrate the effects: One showed that resistance training can improve attention and memory ability. Another showed that a six-month walking program increased attention.

Blending these two types of exercises – physical and mental – is the key to maximizing outcomes in patients with dementia. At Innovative Physical Therapy Solutions, we have experience helping people struggling with cognitive decline due to a variety of causes, and we understand the unique needs of these populations.

We’ll develop personalized exercise programs that blend resistance training and aerobic conditioning and are appropriate for the patient’s ability levels and interests. We’ll ensure they perform every exercise safely and effectively, monitoring their progress and suggesting modifications as needed.

Ready to Learn More About the Mind-Connection?

If you have a loved one showing early signs of dementia, the team of physical therapists at Innovative Physical Therapy Solutions is here to help. We’ll serve as a member of their care team, focusing on their physical activity while reinforcing cognitive training.

If you want to learn more about the ways physical therapy can help people with dementia, call us to schedule an appointment today.

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The physical therapists at Innovative Physical Therapy Solutions are specialized in the treatment of patients who suffer from movement difficulties, either due to an injury or an ailment surrounding the nervous system.

Our specialists will assess your situation and develop the best plan of care for your needs.

The goal of physical therapy for neurological disorders is to restore as much function as possible, in order to help you regain independence and move freely.

We can help you find comfort in the fact that you will be receiving treatment from experts in the field.

By participating in physical therapy treatments following a neurological injury, you can improve your function, perform targeted activities, and regain your independence much faster. Our PTs work with patients who have a wide range of neurological disorders, including, but not limited to:

- Parkinson’s disease
- ALS (Lou Gehrig’s Disease)
- Stroke
- Multiple sclerosis

If you are suffering from a neurological condition that is limiting you from living the life you want to live, don’t hesitate to contact us today to find out how we can best manage your symptoms and help you reach your physical goals.



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5 STAR REVIEWS

“Great one on one work to recovery.”

“Great people. Very friendly and helpful. Great one on one work to recovery. Felt listened to with my symptoms and the help I received.” –Nicole I.

“She helped my son gain mobility, improve his scar tissue, and decrease his pain...”

“Ashley at Innovative Physical Therapy is an amazing therapist! She helped my son gain mobility, improve his scar tissue, and decrease his pain after his burn injury. She also helped him recover from a football injury. Ashley was willing to fit him into her busy schedule and provided excellent care. She is very thoughtful. She always listened to him and adjusted her therapy to meet his needs. I am very grateful for Ashley and appreciate all that she did to help my son.” –Carl H.

**Share your success story!
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316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
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Exercise To Help With Pain

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

SEATED THORACIC ROTATION



Start by sitting upright in a chair with your arms straight by your sides. Place one hand on the back of the chair and your other hand on the opposite side of the chair. Use your hands to gently twist your torso while keeping your hips facing forward. Hold for 30 seconds.