USC Emeriti Center Wellness Event:

FREE Wellness Workshop

2019

Faculty Introductions

Doctors of Physical Therapy = DPT

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Janelle Gilmer PT, DPT, GCS  http://pt.usc.edu/janelle-gilmer/
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Eileen Johnson, PT, DPT, WCS  http://pt.usc.edu/eileen-johnson/
Michelle Nguyen, RD, CSOWM  https://internalmedicine.usc.edu/specialties/weight-management/
Kimiko Yamada, PT, DPT, OCS  https://pt.usc.edu/kimiko-yamada/

Student Volunteers

http://pt.usc.edu/
Today’s agenda: 1) Introduction

- Nutrition and Healthy Aging
- Overview of the four break-out sessions

Today’s agenda: 2) Breakout sessions

You will be rotating through the following sessions:

- “MY FEET HURT”
- WAYS TO MAINTAIN YOUR PELVIC HEALTH: A CONSERVATIVE APPROACH
- KUNG FU FOR STRENGTH AND BALANCE
- INCLUDING EXERCISE IN YOUR DAILY SCHEDULE

You must complete a Par Q form
Today’s agenda: 3) Conclusion

- How can a physical therapist help you age with optimal health and function?
- Question & Answer session
- Complete feedback form

Is “healthy aging” possible?

- Normal tissue changes that occur with aging do not necessarily need to negatively impact your physical, mental, and social well-being!
- Preventing the rate of decline is key!

WITH HEALTHY LIFESTYLE & BEHAVIORS

![Graph showing level of function over time/age with and without healthy lifestyle and behaviors.](image)
What does it mean to be “healthy”?

World Health Organization (WHO) definition of health:

“Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

World Health Organization

What do physical therapists do?

The American Physical Therapy Association’s vision statement for the physical therapy profession:

“Transforming society by optimizing movement to improve the human experience.”

Physical therapists are trained to evaluate and treat physical impairments in body structure and function and limitations in functional activities in order to improve the ability of the patient to fulfill meaningful life roles. Physical therapists are also trained to promote health and wellness in their patients to prevent decline or disease progression and to maintain optimal function well-being.

Move Forward.
Physical Therapy Brings Motion to Life
www.moveforwardpt.com
Physical Therapist’s Role in Health Care

- Diagnose movement-related health conditions that decrease your ability to *move* throughout the day.
- Provide treatment to restore and maximize your function.
- Critical members of your health care team.

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Physical Therapist’s Role in Prevention and Wellness

- Develop personal fitness and wellness programs that include a healthy and active lifestyle.
- Reduce risk of conditions that are associated with a loss of mobility or function.

“For Every Body That Moves”

- To stay healthy, you need strong muscles and bones.
- Your heart and lungs must work efficiently to keep you *moving.*
When should you see your physical therapist?

- You are experiencing joint or muscle pain
- You feel that you have poor balance or have a fear of falling
- You notice changes in your walking or your ability to move around the house or community
  - Slower, more cautious walker or increased difficulty walking & talking or multi-tasking.
  - Increased difficulty rising from a standard height chair.
  - Increased fatigue with your usual physical activity.

Additional USC programs for you!

**Geriatric Assessment Program (GAP)**

- A multidisciplinary & comprehensive assessment for older adults through the Department of Family Medicine
- Call (888) 225-4972 if you are interested.

**Adelante “Move Forward” Exercise Class**

- Currently, every WEDNESDAY at 11 am (1 hour)
- Held at the HAZARD PARK RECREATION CENTER
- Send an email to Dr. Yamada to be on the email list – kayamada@pt.usc.edu
- [https://www.facebook.com/AdelanteExercise/](https://www.facebook.com/AdelanteExercise/)
Questions?

Resources from the ACSM

- American College of Sports Medicine (ACSM) Position Stand Statements
  https://www.acsm.org/public-information/position-stands

Free publications summarizing the official ACSM positions on topics including:
- Exercise and Physical Activity for Older Adults
- Physical Activity and Bone Health
- Exercise and Type II Diabetes
- Exercise and Hypertension
- Exercise for Patients with Coronary Artery Disease
Resources for Healthy Aging

- National Osteoporosis Foundation (http://nof.org/)
- Patient Education Brochures from The Academy of Geriatric Physical Therapy (http://geriatricspt.org/consumers/)
- Fall Prevention Center of Excellence (http://stopfalls.org/)
- National Council on Aging (https://www.ncoa.org/)
- National Institutes of Health (NIH) “Senior Health” (http://nihseniorhealth.gov/)
- WISE and Healthy Aging – a nonprofit social services organization based out of Santa Monica (http://www.wiseandhealthyaging.org/)
- American Senior Fitness Organization (http://www.seniorfitness.net/)
- Silver Sneakers (https://www.silversneakers.com/)