

**Wendy Webb Schoenewald, PT, OCS,**  
*Healthy Aging – Working to Find the Right Providers*

Seeing healthcare providers with whom you have a connection is an important part of managing your health as you age. Most patients have had more healthcare visits in the last 20 years of life than they did in the first 60 years. In our clinic, many patients return to us for other problems, whether they be vestibular or orthopedic issues. These are patients whose history we get to know, and we follow them for many episodes of health problems where physical therapy can facilitate recovery. Our team of PTs works together with patients to communicate with their primary care physician and advocate for their well-being. For example, blood pressure is monitored in our clinic, and, when we have concerns, we help patients by calling their primary care physician with an alert about managing hypertension. I suggest not waiting until you are sick to visit a provider but, instead, using regular physicals to begin developing a relationship with your primary care provider. This will be helpful when you have a need for a sick visit. Our goal at **WWSPT** is to provide the most current, evidence-based treatment for our patients and to return them to their best lifestyles. This could mean competing in a race, returning to work, doing daily exercise, playing with their children or grandchildren, or just making it through a day without pain or dizziness.

**Vestibular Rehabilitation (VR)** is a specialty therapy for the treatment of vertigo and dizziness such as BPPV, labyrinthitis, migraine, and Meniere's disease. It can be very effective for correcting balance disorders related to vertigo, aging, neuropathy, and injury. Patients who have experienced concussions commonly have dizziness and respond well to vestibular treatment. Wendy Schoenewald and her **WWSPT** staff are leaders in the field of Vestibular Rehabilitation, (VR). They use evidence-based care and state-of-the-art technology and also participate in clinical research trials.

*At WWSPT, we want to be a part of our patients' healthy living and healthy aging.*

**Amanda Nguyen PT, DPT** attended the University of Pittsburgh for her undergraduate degree and then Temple University for her Doctorate of Physical Therapy degree. She became interested in vestibular rehabilitation during her clinical rotations and passed the APTA Vestibular Competency course at Emory University. She loves Philly sports and dogs.

As you age, so does your brain. To combat cognitive decline, there are many things you can do like doing puzzles and brain games to keep your brain sharp. Learning a new task or skill is a great exercise for your brain. A fun exercise to try is to do normal things with the opposite hand, like brushing your teeth with the non-dominant hand. You are challenging your brain which creates new connections and neurons improving overall brain health and function.

**Jenna McLane PT, DPT** graduated from Thomas Jefferson University with her Doctorate in Physical Therapy. She has attended and passed the APTA Competency-Based Course in Vestibular Rehabilitation at Emory University. What Jenna enjoys most about being a physical therapist is helping people find confidence in their bodies.

Did you know that older adults actually require MORE protein than their younger counterparts? The recommended daily intake for older adults is 1.0-1.3 g/kg a day. The average American female over 60 weighs 166 pounds (75kg), therefore she should be consuming about 75-97 grams of protein per day. Not consuming enough protein impairs muscle to turn over which is essential for our body to recover from injury, and illness, and maintain strength for activities of everyday life.

**Kelsey Hanlon PT, DPT** earned a Doctor of Physical Therapy degree from Arcadia University and has completed continuing education courses in TMJ dysfunction, vestibular disorders (including a certificate of vestibular competency from Emory University), and various orthopedic conditions. She is certified in LSVT BIG to treat patients with Parkinson's Disease. Kelsey enjoys the relationships that she establishes with her patients as she helps them work toward their goals.

As we age, social isolation becomes more common, especially with the development of hearing/vision loss and increased difficulty getting around. Social interaction is positively associated with improved cardiac, pulmonary, and mental health. Try joining a club or a gym, taking a class, or volunteering. Schedule a time each day for mailing letters or calling friends and relatives!

**Gregory Synnestvedt PT, DPT** received his Doctor of Physical Therapy degree with distinction from Arcadia University and has passed the APTA/Emory University vestibular competency course. Greg loves helping people understand their pain, dizziness, and their body. In his spare time, he enjoys making music, playing soccer, and spending time with his wife and their 3 children.

Consistent physical exercise is an important part of healthy aging. A daily walking program is a good way to ensure you get a dose of movement. Exercise, where you elevate your heart rate, has been shown to improve pain, sleep, mood, and memory. Resistance training is key for strength and preventing muscle atrophy – you either use it or lose it! Medicare insurance will often cover gym membership.

**Cassie Newman PT, DPT** received her Bachelor of Science in Kinesiology at the Pennsylvania State University and later received her Doctor of Physical Therapy from Widener University. She has attended and passed the vestibular competency course at Emory University. Cassie enjoys spending time outdoors with her husband and dog, playing recreational softball, and going to the gym in her spare time.

It is common for older adults to experience changes in the quality and duration of their sleep. As we age, the area of our brain that controls sleep changes. Exercise has been shown to help people fall asleep faster and stay asleep longer. Reducing distractions in the bedroom, such as TV,

phones, and bright lights can also help. Developing a bedtime routine and keeping a regular sleep schedule are shown to improve the quality of sleep.

**Karli Lynch PT, DPT** received her Doctor of Physical Therapy from Arcadia University and her Bachelors in Exercise Science from the University of Delaware. She has experience treating people of all ages with various orthopedic conditions. Karli enjoys getting to know each of her patients to provide them with individualized care. In her spare time, Karli loves spending time with her family and friends and cheering for her local Philadelphia sports teams.

One tip for healthy aging is to think positively! While it can be difficult to remain positive in the face of “age-related changes,” research shows that those with more positive aging self-perceptions may live longer. Research suggests that positive beliefs about aging may also decrease the risk of developing dementia and obesity.