



Exercise is Medicine

Chronic health conditions should not limit a person from being able to fully engage in life's activities. Lifestyle change is at the center of managing chronic disease and physical activity is an integral aspect. Many people do not know where to start. Properly dosed, specific exercise, and communication with a Physical Therapist can be the bridge from the sidelines to your cherished activities. Gaylord's Outpatient Physical Therapy Program is uniquely equipped to provide these exercise programs.



Benefits

- Improvements in health at the cellular, metabolic, cardiovascular, neurologic, and functional levels
 - Improved resistance to oxidative stress ⁽¹⁾
 - Increases insulin sensitivity ⁽²⁾
 - Reductions in visceral fat ⁽³⁾
 - Improvements in blood pressure ⁽⁴⁾
 - Improved cognitive health, depression, and sleep ^(5,6,7)
- Reduction in all cause mortality ⁽⁸⁾
- Improved muscle/bone mass & force production, leading to reduced fall & fracture risk ⁽⁹⁾

Conditions

- Each condition comes with their own set of exercise guidelines, considerations & precautions

Endocrine	Cardiovascular	Musculoskeletal	Gastroenterology	Pulmonary	Rheumatology
Diabetes	High Blood Pressure	Osteoporosis	Cirrhosis	COPD	Rheumatoid Arthritis
Obesity	Coronary Artery Disease	Sarcopenia	Non Fatty Liver Disease	Asthma	Psoriatic Arthritis



Why Gaylord Physical Therapy?

- Evidence Based Exercise Guidelines
- Medically Trained Staff
- Programs Tailored to the Patient
- One-on-One Appointments
- Accepts Most Insurances
- State-of-the-Art Equipment
- Continued Care with Post Rehabilitative Exercise Program

Part of the Gaylord Specialty Healthcare system.

Gaylord Specialty Healthcare is a rehabilitation-focused, nonprofit health system that provides inpatient, outpatient, and physical therapy services for people at every point in their journey from illness or injury to maximum recovery. Headquartered in Wallingford, CT, today Gaylord serves a mix of local, regional, national, and international patients.



Scan this QR Code to learn about Gaylord Physical Therapy services.

References

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