



# PHYSICAL THERAPY FOR EVERY BODY

BY NOLAN MOORE

Going to a physical therapy session might not be what a twenty-year-old football player first considers when faced with an injury. For most people, physical therapy sounds like a service for someone much older. Chad Mapes, director of outpatient rehabilitation at Jewish Senior Life, works to dispel this myth. Physical therapy can help improve the lives of a much wider age range than what people may think.

Mapes, who started his position at Jewish Senior life in 2013, urges that physical therapy isn't about your age, it's just about being able to get the care that you need. Of the 5,000 clients that the clinic saw last year, twelve percent of them were under the age of forty. Jewish Senior Life works constantly with patients of all ages who need sports therapy, orthopedic and hand therapy, and many others that are common in younger people. Mapes also stresses the fact

that physical therapy is not just sports training. While they do see many athletes and people with sports-related injuries, physical therapists first and foremost work towards identifying and evaluating physical problems.

In fact, one of the biggest groups of clients that Jewish Senior life sees is young clients who have suffered concussions. Children and young adults are more apt to suffer concussions from falls, Mapes says, many



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of which are sustained from sports injuries. These clients often suffer from balance issues, disequilibrium, and vertigo, all of which the clinic is equipped to treat.

The Balance, Disequilibrium and Vertigo center at the clinic is very important and is one of the most well-equipped centers of its kind in the area. The clinic uses state-of-the-art computerized posturography tests, which provide vital information on a client's posture and how it may be affecting them. They also use a videonystagmography (VNG)

machine, which scans eye movements to analyze clients' dizziness or loss of balance. Mapes says that they can typically clear someone of dizziness and vertigo within a ninety-minute physical therapy session.

Many may think that physical therapy consists simply of teaching a client certain movements and stretches, but it's much more involved than that. Applying state-of-the-art technology and the skilled evaluation of an injury to make sure that it is understood is often half the battle. "Technology allows us to determine the exact cause

of the diagnosis and how to treat it appropriately," Mapes says.

When it comes to taking care of your body, nothing can be overlooked. People can better themselves through physical therapy whether they're thirteen or 102. Mapes says that anyone can benefit from physical therapy and it should never be discounted due to misconceptions. "Age is not a determinant. Perspective is more important."

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