

Aging Made Easier with Physiotherapy

Things definitely change as we have more birthdays. Each trip around the sun presents many of us with new physical challenges. Most of these aren't too bad, but some changes to our body definitely require help.

We know a healthy, active lifestyle is important. But sometimes, no matter how healthy, active - or proactive - we are, the body makes changes over which we have little or no control. This is where Sun City Physiotherapy can help. Our team of therapists treat conditions that can be more common as we age.

Vertigo and Dizziness. Vertigo or dizziness that occurs with position changes such as lying down, rolling over, bending forward, or looking up can be due to an age related change in your inner ear or vestibular system. Treatment with a vestibular Physiotherapist can be very effective in resolving the dizziness.

Bladder Incontinence. Both menopause and age can have effects on bladder control. Pelvic Health Physiotherapy can provide treatment to help.

Tendonopathy. Studies show that tendonopathy (or Tendonitis) is common in peri-menopausal

women. Studies also suggest the most common tendon problems for the aging population are in the rotator cuff, Achilles tendon, outside of the elbow, and patellar (knee) tendon. Physiotherapy offers a variety of approaches such as manual therapy, exercises, ultrasound, and shockwave therapy for the treatment of tendonopathies.

Arthritis. Degenerative changes progress as we age so maintaining a healthy spine and joints are key to staying mobile. Our physiotherapists can teach you to protect your joints, stretch and strengthen to minimize the stress on arthritic joints.

If you are experiencing any of these conditions, physiotherapy can help. To learn more, book an appointment with one of our therapists. Book online at suncityphysiotherapy.com, or call one of our 4 locations in the Kelowna area.

***Robin Palmer** is a registered physiotherapist and co-owner of Sun City Physiotherapy. She has furthered her physiotherapy studies with training at The Emory University School of Medicine in Georgia for the treatment of vertigo, dizziness and balance disorders.*

SUN CITY PHYSIOTHERAPY

Dizziness & Vertigo We treat that.

- Physiotherapy
- Massage Therapy
- Vestibular Rehab
- Women's Health
- Online Booking
- Manual & Sports Therapy
- Shockwave
- IMS & Acupuncture
- TMJ and Orofacial Pain
- Direct Billing

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Lake Country

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