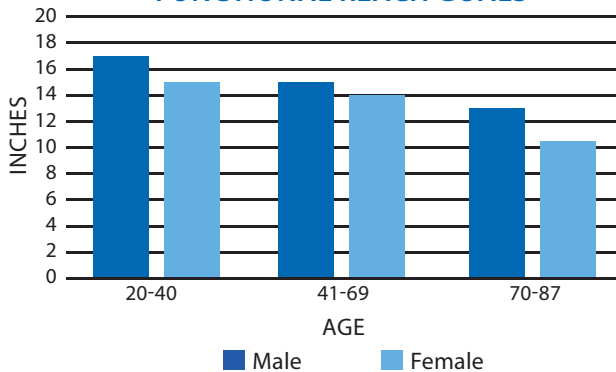


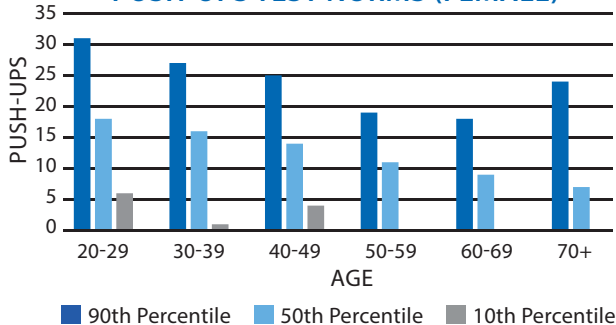
HOW OLD IS YOUR BODY?

YOUR AGE CHANGES YEARLY, BUT YOUR BODY AGES DIFFERENT

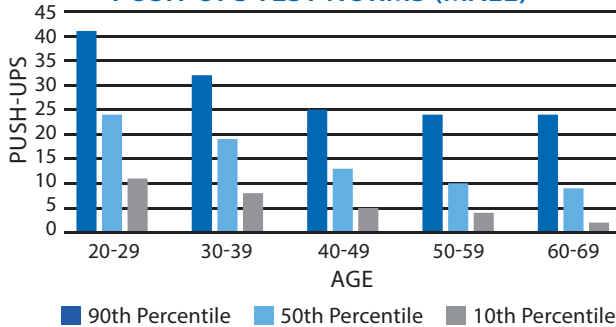
FUNCTIONAL REACH GOALS



PUSH-UPS TEST NORMS (FEMALE)



PUSH-UPS TEST NORMS (MALE)



KEEP YOUR BODY YOUR AGE, OR YOUNGER!

How old are you? Everyone knows the answer to that. A more difficult question is how old is your body? That's an important question for us to ask because it tells us how well you are moving. Possibly due to injury, or long standing tightness or muscle weakness, people don't always move like they should and sometimes they're not moving at a level appropriate for their age.

Certain people move a whole lot better for their age than we expect. When asked their age, we find out they are a little older than they look. Maybe they are not moving very well at all and when asked their age, we find out they're a little younger and it surprises us. Some of that is due to genetics, some of it is due to healthy lifestyles and good choices. The reverse is true where a person's body age is due to poor health choices or lack of activity.

HOW DO WE MEASURE THE AGE OF YOUR BODY AND HOW CAN WE CHANGE IT FOR THE BETTER?

At Valir Physical Therapy, we measure functional movement through a variety of tests to determine how old your body actually is and if it matches up to your actual age. We test flexibility, strength, endurance and check your balance. These tests allow your physical therapist to determine very quickly how old your body actually is in accordance to your age. Similar to a yearly physical, a Valir physical therapist can run you through these tests at any time and help you maintain your healthy lifestyle and be able to rule out any red flags. This helps to make sure you are aging at an appropriate level. The tests also help find some movements that we can work on improving or some movements you should avoid for a little while.



So Much More Than Therapy!

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