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

<table>
<thead>
<tr>
<th>Endocrine</th>
<th>Cardiovascular</th>
<th>Musculoskeletal</th>
<th>Gastroenterology</th>
<th>Pulmonary</th>
<th>Rheumatology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>High Blood Pressure</td>
<td>Osteoporosis</td>
<td>Cirrhosis</td>
<td>COPD</td>
<td>Rheumatoid Arthritis</td>
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<tr>
<td>Obesity</td>
<td>Coronary Artery Disease</td>
<td>Sarcopenia</td>
<td>Non Fatty Liver Disease</td>
<td>Asthma</td>
<td>Psoriatic Arthritis</td>
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</tbody>
</table>
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.

References


CONTACT

Cheshire
1154 Highland Avenue, Route 10
(203) 679-3533

Madison
28 Durham Road, Route 79
(203) 284-2929

Cromwell
50 Berlin Road, Route 372
(203) 284-3020

North Haven
8 Devine Street
(203) 230-9226

Referral Fax (all locations):
(203) 294-8705

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