

# TIP OF THE MONTH

## 7 - 5 - 2 Formula For Fitness

7 Days of Stretching

5 Days of Walking

2 Days of Strengthening

*Discuss with your physical therapist an exercise program that will best suit your needs.*



**Business Office**  
1533 Union Street  
Schenectady, N.Y. 12309  
Phone: (518) 346-51681  
Fax: (518) 346-2312  
E-Mail:  
[Topcats100@aol.com](mailto:Topcats100@aol.com)

**Schenectady Office**  
1533 Union Street  
Schenectady, N.Y. 12309  
Phone: (518) 381-9166  
Fax: (518) 381-3947  
E-Mail:  
[PTUNION100@aol.com](mailto:PTUNION100@aol.com)

**Scotia Office, East**  
42 Saratoga Road  
Scotia, N.Y. 12302  
Phone: (518) 399-6861  
Fax: (518) 399-6864  
E-Mail:  
[PTSCOTIA@aol.com](mailto:PTSCOTIA@aol.com)

**Scotia Office, West  
The Wellness Center  
Return to Work Facility**  
42 Saratoga Road  
Scotia, N.Y. 12302  
Phone: (518) 399-0062  
Fax: (518) 399-4513  
E-Mail:  
[Topcats100@aol.com](mailto:Topcats100@aol.com)

**Rotterdam Office/  
Guilderland Office**  
3434 Carman Road  
Schenectady, N.Y. 12303  
Phone: (518) 356-7445  
Fax: (518) 357-0018  
E-Mail:  
[PTROTTERDAM@aol.com](mailto:PTROTTERDAM@aol.com)

**Amsterdam Office**  
178 Clizbe Avenue  
Amsterdam, N.Y. 12010  
Phone: (518) 842-1425  
Fax: (518) 842-1706  
E-Mail:  
[PTAMSTERDAM@aol.com](mailto:PTAMSTERDAM@aol.com)

**Clifton Park Office**  
1 Halfmoon Executive Park Dr.  
Clifton Park, N.Y. 12065  
Phone: (518) 371-6777  
Fax: (518) 383-9033  
E-Mail:  
[PTCLIFTON-PARK@aol.com](mailto:PTCLIFTON-PARK@aol.com)

**Troy Office**  
1 Conway Court  
Troy, N.Y. 12180  
Phone: (518) 273-2715  
Fax: (518) 273-2815  
E-Mail:  
[PTTROY100@aol.com](mailto:PTTROY100@aol.com)

**West Sand Lake Office**  
P.O. Box 387  
43 Mall  
West Sand Lake, N.Y. 12196  
Phone: (518) 674-1744  
Fax: (518) 674-1774  
E-Mail:  
[PTAWSANDLAKE@aol.com](mailto:PTAWSANDLAKE@aol.com)

**Latham Office**  
1182 Troy-Schenectady Rd.  
Suite LL02  
Latham, N.Y. 12110  
Phone: (518) 220-9705  
Fax: (518) 220-9651  
E-mail:  
[PTLATHAM100@aol.com](mailto:PTLATHAM100@aol.com)

**Tamarac Office**  
Tamarac Plaza  
3991 State Rt. 2.  
Cropseyville, N.Y. 12052  
Phone: (518) 279-4610  
Fax: (518) 279-4612  
E-mail:  
[PTTAMARAC@aol.com](mailto:PTTAMARAC@aol.com)



**PHYSICAL THERAPY  
ASSOCIATES OF  
SCHENECTADY, P.C.**

Surgery, Drugs or US!



# Surgery, Drugs or Us!



Presented by:



**PHYSICAL THERAPY  
ASSOCIATES OF SCHENECTADY, PC**

Hopefully you are feeling well enough that you don't need surgery, take medications or require some type of care to get you back on the road to *wellness*. But if you walk around this planet long enough, we will all come down with something that will require some medical care.

*Physical therapy* intervention falls under the category of conservative care. Your attending physical therapist will review your past and present medical history along with evaluating your current symptoms to come up with a game plan to:

- decrease your pain
- increase your flexibility
- Increase your range of motion
- Improve strength to the injured area

The eventual outcome is to get you back to where you want to be with all of your activity levels—work or play!



Hopefully, *physical therapy* will go a long way in reducing your use of medication and avoiding surgeries when possible. We live in a society where we all would like a quick fix to any of our problems and sometimes that way of thinking spills over into our medical care. “*If I can just take this pill or if I could have surgery, that will solve my problem.*” In many cases, the first and best line of defense is to start with the least invasive procedure first.



*All medications have side effects.*

*Surgery is the last resort when all other interventions fail.*



Both are beneficial options when needed, but should be approached as a last resort.

**The Road to Wellness**  
Starts with physical activity...  
***MOVE, MOVE, MOVE!***

**Think about it, your mobility will really determine your longevity!**

What type of exercise?  
Any type, *whatever gets you moving!*

**Swim**  
**Hike**  
**Bike**  
**Yoga**  
**Pilates**  
**Dance**  
**Tennis**  
**Basketball**

**Whatever it is—have *FUN!***

Written by: Thomas Cooney, DPT  
Designed by: Nancy Roberts  
Physical Therapy Associates of Schenectady, P.C.  
Wellness Center  
42 Saratoga Road  
Scotia, NY 12302  
(518) 399-0062

