



New Year. New Focus on Staying Active & Healthy

Now that we've jumpstarted 2022 it is a great time to focus on setting goals and resolutions for a better quality of life. For healthcare professionals, incorporating a healthy mindset and fitness goals, especially during this continued time of uncertainty, could never be more important.

While resolutions vary from individual to individual, one resolution that is helpful for all is being physically active. Whether through group exercise, private classes or simply working out alone, there are a variety of ways to remain active and motivated in 2022. Keep reading for list of tips to help you stay on track and focused on achieving your best results.



Set Measurable Goals – Part of keeping up with your resolution of being more physically active includes setting both short-term and long-term goals to help you stay on track. Use a [goal-setting worksheet](#) to record your goals.

Find Solutions that Fit Your Needs – With many gyms offering online classes and the rise in the availability of fitness apps, there are fewer excuses for not fitting exercise into one's daily schedule. Whether at the gym or at home, there are available tools to support your fitness journey.

Track Your Progress – Whether you write down your daily activities or use a tracking tool to keep up with your daily exercise, keeping a visual record of your progress is a great way to remain motivated throughout your process.

If you are interested in using online tracking tools, [My Fitness Pal](#) and [Map My Walk](#) are great ones to use.

Assess the Need for Changes – As you try a new fitness class, type of exercise or activity, remember to think about what works best for you and your needs. If an activity is not bringing you the benefits you expected or is not accessible, consider trying something else that supports your short-term and long-term goals.

Have Fun – Whether your resolutions of being more active is a new one or a continuation of a previous one, remember to have fun. The benefits of physical activity not only include a healthier lifestyle but also a better quality of life.

Whether you are gearing up to start a new exercise regime or providing care to a patient or family member with chronic conditions, consult a physician to discuss how you can exercise safely.

Online Tools to Stay Active

With so many apps to choose from, it is important to find the right one that fits lifestyle and fitness goals. A few fitness apps that are highly rated for seniors (and, not quite in the senior category) include:

- [Yoga Studio](#) - Library of classes from beginner to advanced.
- [SilverSneakers Go](#) - Workout programs tailored to fitness level.



SERVICE SPOTLIGHT: PREHABILITATION

For those preparing for surgery or recovering from an injury or illness, research has shown the important role that pre-surgery rehab, or prehabilitation, plays. As the process of improving the functional capability of a patient prior to a surgical procedure, prehabilitation, also known as pre-surgery rehab, helps get patients to a better place physically before an operation.

Through Occupational Therapy and Physical Therapy, this mode of preventative rehabilitation may include a combination of aerobic exercises, strength training, and functional task training to suit individual needs; many patients facing major orthopedic surgeries like hip and knee replacements are prime candidates for this specialized form of physical therapy. ([Source](#))



A Proven Way for a Better Surgery Experience

Research has shown the important role that prehabilitation plays for those preparing for surgery or recovering from an injury or illness. By participating in pre-surgery therapy/training for a longer length of time prior to elective surgery, patients can:

- Prevent muscle wasting when undergoing bed rest. Muscle loss may be extremely hard to recover from and can lead to long-term health and disease complications.
- Strengthen and prepare the body for specialized post-operation physical therapy.
- Improve movement, flexibility, and strength before surgery.

As integral members of the Interdisciplinary Team, ATS Physical Therapists and Occupational Therapists are always ready to support patients to prepare for surgery as well as post-surgical recovery.

[Contact us](#) to discuss how our team can support your patients stay on the road to recovery.

Informative Articles and Resources:

- [Prehabilitation-American College of Surgeons](#)
- [Prehabilitation and Quality of Life Three Months After Total Knee Arthroplasty: A Pilot Study-Perceptual and Motor Skills](#)
- [Prehabilitation Versus Usual Care Before Total Knee Arthroplasty: A Case Report Comparing Outcomes Within the Same Individual-Physiotherapy Theory and Practice](#)
- [A Prehabilitation Program for Physically Frail Community-Living Older Persons-Archives of Physical Medicine and Rehabilitation](#)
- [Prehab Fitness Before Surgery-Fitness and Wellness News](#)
- [Fall Prevention: Balance and Strength Exercises for Older Adults-Johns Hopkins Medicine](#)

Leadership Recommendations

- Ensure the plan of care incorporates skilled PT and strength training recommendations in conjunction with other therapeutic modalities to support a quicker recovery post-surgery.
- Encourage patients to begin prehabilitation at least six weeks prior to surgery.
- Each person has a different fitness level, so ensure the intensity of your patient's routine is focused on their physical capabilities and potential benefits.
- Provide patients with resources to track their activities and keep motivated.
- Keep focused on building on your healthy goals for 2022. Track your progress to keep motivated!

At Advanced Therapy Solutions, we are focused on maximizing our patients' physical comfort and functionality. Learn more about our Physical Therapy services [here](#).

SOLUTION SPOTLIGHT: ASSISTED & INDEPENDENT LIVING THERAPY SERVICES

At ATS, our therapy services are focused on the individual needs of each patient. By serving a range of care settings, we are able to provide patients with the tools and resources needed to perform everyday activities and increase their quality of life.



Therapy for Assisted and Independent Living

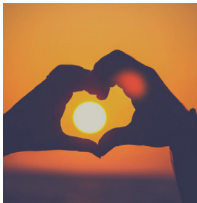
Whether in a medical facility or in a living facility environment, the ATS therapy team is an integral member of the Interdisciplinary Team (IDT) and is always ready to help. Through our home health services, ATS can provide therapies to patients within their personal residence.

We partner with many Home Health organizations within our service territory to provide therapy services in home settings, including AL/IL. ATS is also connected with multiple facilities throughout Illinois and Indiana to provide outpatient therapies within the buildings that the patients call home.

When our therapists come into the facilities, their goal is to get the patient back to completing their activities of daily living with the highest level of comfort possible. The following conditions through a variety of therapy avenues:

- Post hospitalization recovery
- Cardiac and pulmonary rehab
- Strengthening
- Hip and knee replacements
- Stroke rehab
- Pain management

At ATS, we are honored to provide our patients with therapy solutions in a variety of settings to support their path to healthier living. Learn more about our therapy services [here](#).



Reflections from the ATS Team

“We’re all hardworking and supportive of each other which is imperative to help our patients succeed.”

Advanced Therapy Solutions exists to inspire, encourage, and motivate patients to excellence in therapy. Every patient is unique to us. Therefore, each one is treated with care, support, and dignity as they strive to achieve their daily therapy goals. We pride ourselves on treating others as they want to be treated, for this is our ultimate measure of the quality of care in every respect.

[Learn more about our services](#) | info@ats-therapy.com

Let’s Connect! Follow ATS on LinkedIn:



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