

Can Physical Therapy Train Your Brain?



We exercise to keep our bodies fit, but do you know that exercise can also train your brain? You have likely heard of the effect of endorphins on your mood, and you probably have already noticed that you feel better after exercising. Exercise can improve clarity, increase brain function, and maybe even create new brain pathways by restoring cells.

Mental exercises will keep your brain sharp but all that will be in vain if you are not physically fit. Exercise will keep you brain healthy and in top shape. Exercise is not only smart for your heart and weight but makes you smarter and better at what you do, challenging cells in your brain (also called neurons).

The Brain/Body Connection

By age 30 the human brain starts to lose nerve cells, which results in mental decline. Enough research has been done to prove that exercise is one of the few ways that nerve or brain cells can be generated. Your brain function is improved through mental stimulation as well as through physical exercise. Evidence shows that in response to the physical stimulation of exercising, nerve vessels can grow even in middle age. This means that the mental declines often associated with the aging process can be neutralized by physical exercise.



Studies show that during exercise, nerve cells are stimulated to produce neurotrophic factors, which are proteins that help brain cells to increase and connect with other neurons. The processing system of the brain is awakened during workouts when certain chemicals such as adrenaline are triggered. Exercise like walking and running increases your heart rate so that more blood enters your brain, stimulating your brain processes.

Scientists think that exercise can help keep our brain cells healthy and functioning properly. An active lifestyle can improve mental focus, faster healing process for patients with brain or nerve injuries and can reduce the risk of dementia as we grow older.

There is a strong correlation between physical exercise and good mental health as people age. Physically fit and active people recover from mild depression more quickly. When you stimulate your nervous system through exercise, you function at a higher level.

PHYSICAL THERAPY NEWS
From Your Friends at Northshore Physical Therapy & Balance Centers
www.northshorept.net





Exercise at low to moderate levels is best for brain training. Very intense workouts can leave you exhausted physically and mentally. In order to maintain brain acuity, you need at least half an hour of moderate exercise 3 times a week. Longer sessions of up to an hour-and-a-half 5 days a week can provide added benefits. The day's workout can

be divided up into two segments: one earlier in the day, and one in the evening. Popular moderate activities include brisk walking, hiking, biking, and swimming, but those who are already active may benefit from other more calming activities. For example, a soccer player or runner may find that yoga will promote relaxation and stimulate the brain.

Do you want to maintain mental acuity well into advanced age? Physical activity can help ready the brain for new information, leading to increased interest, improved attitude, and better learning outcomes. Contact your physical therapist to learn more about how exercise therapy can help train your brain.

Physical Therapy For Your Core

WHAT YOU NEED TO KNOW ABOUT PHYSICAL THERAPY

Physical therapy is defined as a health care specialty involved in evaluating, diagnosing, and treating disorders of the musculoskeletal system. Its ultimate goal is to restore maximal functional independence to each patient. Physical activities such as exercise, heat, cold, electricity, and massage are utilized in order to accomplish this. People who perform the physical therapy are called physical therapists. They are licensed professionals who hold a master's or doctorate degree in physical therapy and work with people who have sustained disabilities, impairments, or limitations to their overall physical function. They usually work in different types of business settings such as rehabilitation centers, hospitals, nursing homes, schools, and even out-patient facilities.

Contact Us with Any of Your Physical Therapy Needs



Northshore FYZICAL Therapy
& Balance Centers
Book Your Appointment Today!
www.northshorept.net



Two Convenient
Locations to Serve
You

Cedarburg
4922 Columbia Rd.
(262) 377-4077

Thiensville
136 N. Main St.
Suite 308
(262) 478-0920

Website:
www.northshorept.net

Email us:
nsptcb@worc.net

Like us:

