



Why Your Body Feels Different After Winter

As winter comes to an end, you may notice that your body does not feel quite like it used to. Your joints may feel stiff, your muscles might seem weaker, or you may feel a little unsteady walking across the room. You are not imagining it. Many adults notice these changes after spending more time indoors during the winter months.

When we move less, even for a short time, our bodies can start to change. Muscles that are not used as often can lose strength faster than expected. Joints may feel stiff when they are not moved regularly. Balance can also be affected as the small muscles and reflexes that help keep you steady become weaker. Paying attention to these changes early can help prevent bigger problems later on.

You may benefit from therapy if you notice:

- ✓ Increased Joint Stiffness
- ✓ Walking Slowly
- ✓ New Aches or Soreness
- ✓ Poor Balance & Falls
- ✓ Trouble Climbing Stairs
- ✓ Needing More Effort to Get Up From a Chair
- ✓ Feeling More Tired During Everyday Activities
- ✓ Difficulty Getting Back to Activities You Enjoy



HOW THERAPY CAN HELP:

Physical and occupational therapy focus on helping you move better. This can mean walking with more confidence, getting dressed more easily, or safely returning to the activities that matter most to you.

If any of these signs sound familiar, talk with your doctor about whether therapy may be right for you. Our therapy team is here to help you feel stronger, move more comfortably, and stay independent.

[insert your contact information, etc.]

[insert your logo]