

Important Facts and Research in under 60 seconds

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HOME HEALTHCARE

Grip Power: A Surprising Predictor of Health in Older Adults



Research indicates that those with stronger grips tend to experience better physical function, reduced risk of falls, and improved quality of life. Moreover, grip strength correlates with cardiovascular health, lower blood pressure, and even longevity.

Predicting Longevity:

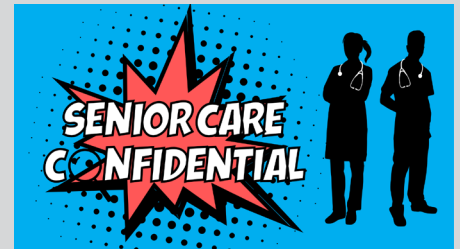
One of the most intriguing findings is grip strength's connection to longevity. Multiple studies have shown that older adults with stronger grips generally live longer and have a lower risk of mortality. The ability to grasp an object firmly may reflect the individual's ability to withstand age-related declines in health and overall resilience.

Importance of Exercise:

To maintain and improve grip strength, regular exercise is crucial, especially as we age. While you can't 'beat the system' by only focusing on strengthening your grip, engaging in a comprehensive exercise routine that focuses on overall muscle strength, balance, and flexibility can significantly contribute to better overall health and vitality.

And those pesky pickle jars become far easier to open.

Check out our weekly podcast hosted by Brian Harmon, PT, MBA and Jo Alch, RN with Joy Care Management.



A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

Available on YouTube, Facebook and iTunes.

Contact us to inquire about our results and/or how our approach helps meet the needs of your patients and families.