



NEW YORK STATE SENATOR

Joseph P. Addabbo Jr.

Addabbo Brings Joint Health and Injury Prevention Event to Senior Center

JOSEPH P. ADDABBO JR. March 14, 2025



Physical therapist Andrea Kleess demonstrates some stretching exercise.

Senator Joseph P. Addabbo, Jr. partnered with Northwell Long Island Jewish Forest Hills to bring a joint health event to AKAL Care Social Adult Day Care in Jamaica on March 11, 2025. The interactive discussion also focused on injury prevention, practical exercises, tips to maintain mobility, reduce stiffness and support an active lifestyle. It was led by orthopedic and physical therapy experts.

"As we get older, health is not just about treating injuries but empowering seniors with the knowledge and tools to lead active, fulfilling lives," Addabbo said. "I'm proud to partner with Northwell Long Island Jewish Forest Hills to bring this vital discussion to our older adults, helping them stay mobile and engaged."

Dr. Gregory Daubs spoke about the importance of exercise, stretching and maintaining a healthy lifestyle to prevent total joint replacement. He used a 3-D model of an artificial hip joint to support his statements. Roughly 300,000 people undergo total hip replacement in the U.S. each year according to Northwell Health.

Physical therapist Andrea Kleess went over tips to manage knee arthritis. This included tips like losing weight, wearing braces, taking anti-inflammatories, going to physical therapy to redevelop muscles and ligaments and getting corticosteroid injections.

Kleess conducted some knee and hip exercises, and many audience members followed along. These included the standing gastrocnemius stretch, standing soleus stretch, and quadriceps stretch.

"At Northwell Health – LIJ Forest Hills, we're dedicated to keeping our community active and informed," said Stancy Saji, Program Manager of Government and Community Relations at LIJFH. "Through our 'Stay Strong, Stay Active' workshop with Dr. Gregory Daubs and Physical Therapist, Andrea Kleess, we provided essential insights on knee and hip health. Partnering with Senator Addabbo's office, we're proud to support mobility and well-being for our local seniors and community members."

Pritpal S. Walia, owner of AKAL Care Social Adult Day Care was very pleased that the presentation brought so much useful information to his member. After the event, he spoke to the attendees. "I thank you for listening patiently and attentively," Walia said. This is for your benefit, and we will keep on bringing this kind of information to you from these

professionals.”