

# Ep #100: FB Live – Why Your Age Doesn't Matter



## Full Episode Transcript

With Your Host

**Susi Hatley**

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**Male Announcer:** You're listening to *From Pain to Possibility* with Susi Hately. You will hear Susi's best ideas on how to reduce or even eradicate your pain and learn how to listen to your body when it whispers so you don't have to hear it scream. And now here's your host, Susi Hately.

Hello, and welcome, welcome back. With this episode I am doing something a little bit different. I'm sharing with you a Facebook Live where I explain why your age does not matter. It came after my teaching a whole series of private and group sessions on a Thursday morning where every single person was over the age of 55, and most were over 65, people were in their 70s. And it would just go to show that you can get better at any age, tissue can change.

I just finished up a great morning of teaching private sessions. I started at six in the morning here, Mountain Time, finish up at 1:30. And today, almost all of my clients were over 55. One was in her 70s, a few were in their 60s. And the reality is, is something that I've seen all through my career because I've been so fortunate to be working with people who are always older than me, a lot of them are a lot older than me. And even as I've crested 50, my clientele is still older than me.

And here's the thing that I know to be true, that continues to repeat itself, is it really does not matter your age at all. It does not matter your age in terms of your ability to become well, to get out of pain, or to reduce compensation patterns, to get back to living the life that you want to live. I had one client today, she has two granddaughters. One she has to go fly, the other one who the granddaughter is 21 pounds and she was figuring out how to bring her into a crib.

The distinction is, is that what you do need to know how to do is how to be specific and how to choose significantly in what it is that you do do in terms of recovery. But I really, really, really, really want to get the message across that you can get better, even when you are over 55. When you're over 50, when you're over 60, right?

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One client today, she plays pickleball. She fell on her knees and she hurt herself, she's 70 plus years old. And guess what? She is almost recovered from that fall and that was not even a month ago. So the thing is, is that it's just about how you go about doing this. Even if you're in line for a replacement surgery or just a surgery period, whether it's a hernia surgery, or a knee replacement, or a hip surgery, then how you do the recovery is what's important. It's not that your age plays a place in it.

Unfortunately, we are told so often by so many people that, well, you know, you're getting older. Like that's the thing. Even for me at 50, the number of times I'm hearing, "Well, you know, you're over 50." I'm like and how did this change from a year ago when I was still 49? But it's this message that we start to hear over, and over, and over again. And it's like we've got to pretend perhaps like that we don't hear it, yeah?

Because the reality is that how you move matters. You can move and improve your movement, absolutely. You just have to pay attention and watch and just listen for all those other voices that are utilizing old research because what you have to get, all those years ago when I was in university and we were learning about older people and how decrepit older people became, do you know where that research was coming from? Where do you think most older people were? In a second nursing home, right?

Whereas these days, that's not the case. There's so many stories of people who are doing remarkable things with their body that aren't that remarkable. But the cool thing is the research is catching up to what is reality. And that so much can change, that even if you have osteoarthritis you can still function in a high way. It's a matter of how are you working with your body.

So when I was younger and I was working with lots of people with osteoarthritis, what I was helping them do is move their hips better, get a little stronger, and their osteoarthritis did not go away, however how they loaded their joints changed so the pain that they were experiencing absolutely did go away. Did we change the degeneration in the joint? No. Did I change some of the inflammation? Probably.

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But really, at its core what I know for sure we changed, was how the person moved. Reduced their compensation patterns, improved their neuromuscular communication, and out of that help them believe in what was actually possible. So I'm going to keep doing this because I'm 50 and I'm hearing from too many people about stuff of being like you got to be careful. Yeah, you have to be careful at every age.

The reality is, truly the reality is that if you can learn how to move your body better, breathe better, become still, become curious, then you too can reduce your pain. You do not have to be riddled with aches and pains and strains. I've got the client base to prove it, I've seen it for far too long. So I'm going to keep blasting this one from the mountaintop. All right?

If you want some help with your movement patterns, all through my Facebook feed here, I've got lots of different sequences that you can follow, they're also on YouTube if you want to go over there. You could also send us a note and say, "Hey, I want some private sessions with you." You can do that too. All right, you have a really great afternoon, and I will be back. There's a lot of you interested in this, I will be back with more to give you more updates.

All right, take good care.

If this episode has resonated and you're looking to deepen this idea of getting your body back on board, of listening deeply to your symptoms, of listening to the whispers so you don't have to hear the screams and you're looking for one to one support or professional training, then reach out to us at [health@functionalsynergy.com](mailto:health@functionalsynergy.com) where we can customize your learning path. That's [health@functionalsynergy.com](mailto:health@functionalsynergy.com), looking forward to hearing from you.