



Finding Relief For Your Aches & Pains

**SAY GOODBYE TO PAIN,
SAY HELLO TO LIFE!**

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Finding Relief For Your Aches & Pains

Everyone develops aches and pains from time to time. After a long day out in the sun, or after an afternoon of trying to keep up with household chores, sometimes the tasks that we expect of our bodies can get the best of us.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day in your shoes, or a crick in your neck that just won't go away, dealing with aches and pains can really take a toll on your overall feeling of wellbeing. If you stopped and asked around, you'd be amazed to see how many people are struggling with aches and pains, just like you. What may surprise you even more is how many people are coping with those pains without doing anything productive about it.

How to Deal with Aches and Pains

Pain medications can reduce the severity of aches and pains for a little while, but they don't do anything to resolve the issue. There are things that you can do at home that can alleviate your aches

and pains, helping to reduce the severity of your discomfort while also reducing the likelihood that the pain will return.

Don't just complain about those aches and pains. Start doing something about them. Here is a quick rundown of things that you can do at home that can reduce your daily pain:

1. Use hot and cold therapy appropriately to reduce inflammation.

After a good workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts on and off for 20 minutes at a time during the first 24-72 hours after the pain develops. After that, consider soaking in hot water, such as taking a warm bath, to further soothe your muscles.

2. Don't underestimate the power of resting!

Your body relies on sleep just as much as your brain. You need to get plenty of sleep to keep your stress level at a minimum—and that includes your physical stress level. Aim to sleep between 7-9 hours every night. The more activity you engage in, the more sleep you need.



HOW PT CAN HELP YOUR ACHES & PAINS

3. Keep your body in good shape with regular exercise. It may seem counterintuitive to cut down on pain by moving more, but exercise is a really good way to reduce aches and pains. When you exercise every day, you are able to train your muscles for more movement, and thereby reduce aches and pains.

Keeping active, staying rested, and being smart with hot and cold therapy create a trifecta for healthy management of aches and pains, but they aren't going to solve the bigger problems. When aches and pains start to grow severe, or chronic, then it is time to reach out to a professional for support. Physical therapy is the best way to reduce aches and pains because it takes into account a combination of active and passive strategies to help tackle the cause of your pain.

WHY PHYSICAL THERAPY?

There are a lot of different reasons as to why you may start feeling aches and pains. Muscle pain will occur whenever your muscles start to grow. To build more muscle mass, your muscles have to stretch,

and lactic acid can pour into the lining of your muscles to cause a burning sensation. More movement will push that acid out, helping you to experience relief, and in time your muscles will develop increased elasticity, and the burning won't be so severe. Build-up of tension from stress or overuse, and muscle pain from poor posture can also contribute to regular pain. A physical therapist can take a comprehensive assessment to help determine what may be the primary cause behind your aches and pains.

Working with a physical therapist can help you develop a new approach to managing your aches and pains. Your physical therapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching and targeted movements to help you experience ongoing relief from regular discomfort.

Contact us today so we can help you say goodbye to your aches and pains! Call today!

EXERCISE ESSENTIALS

Try this movement to relieve pain.

HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.



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PHYSICAL THERAPY

**YOU CAN BE FREE OF YOUR BACK PAIN!
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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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STAFF SPOTLIGHT

BRITTANY NOTO, PT, DPT, LSVT-BIG
LAUREN GIANNONI, PT, DPT, LSVT-BIG

Meet two physical therapists from our Easton location; Brittany Noto, PT, DPT, LSVT-BIG and Lauren Giannoni, PT, DPT, LSVT-BIG! Brittany graduated from MCPHS with a doctorate in physical therapy. She is a former college rugby player and enjoys watching the Red Sox, hiking and traveling in her spare time. Lauren graduated from Mercy College with a doctorate in physical therapy. She comes to us with experience in coaching children's soccer and enjoys exercising, outdoor activities and travelling.

Both Brittany and Lauren have certifications in LSVT-BIG. LSVT-BIG is a four week program that treats Parkinson's Disease and other neurological conditions. Faster walking with bigger steps, improved balance, better movement in the torso and reduced risk of falling are just a few of the benefits of this treatment! The treatment programs focus on functional skills personalized to you! When should you start LSVT-BIG? The earlier the better! It is never too late to improve your function. LSVT-BIG is available in Easton, Dorchester, Milton and Mansfield.

To schedule with Brittany/Lauren or more about this program please call our Easton Clinic at 508-559-5108. **Brittany and Lauren are here Monday through Friday and can be reached at brittany@elliottphysicaltherapy.com and lauren@elliottphysicaltherapy.com**



TRY THIS RECIPE! **CHICKEN & WHITE BEAN STEW**

INGREDIENTS

- 1 lb. dried cannellini beans, soaked overnight and drained
- 6 c. unsalted chicken broth
- 1 c. chopped yellow onion
- 1 c. sliced carrots
- 1 tsp. finely chopped fresh rosemary
- 2 bone-in chicken breasts

- 1 (4 oz) Parmesan cheese rind plus 2/3 cup grated Parmesan, divided
- 4 c. chopped kale
- 1 tbsp. lemon juice
- ½ tsp. kosher salt
- ½ tsp. ground pepper
- 2 tbsp. extra-virgin olive oil
- ¼ c. flat-leaf parsley leaves

DIRECTIONS:

Combine beans, broth, onion, carrots, rosemary and Parmesan rind in a 6-quart slow cooker. Top with chicken. Cover and cook on low until the beans and vegetables are tender, 7 to 8 hours. Transfer the chicken to a clean cutting board; let stand until cool enough to handle, about 10 minutes. Shred the chicken, discarding bones. Return the chicken to the slow cooker and stir in kale. Cover and cook on high until the kale is tender, 20 to 30 minutes. Stir in lemon juice, salt and pepper; discard the Parmesan rind. Serve the stew drizzled with oil and sprinkled with Parmesan and parsley.

UNSURE IF TELEHEALTH PHYSICAL THERAPY IS FOR YOU?

FREE TELEHEALTH CONSULTATION

Schedule your FREE telehealth consultation with a physical therapist by calling us and mentioning this coupon!

WE CAN HELP YOU:

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

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PHYSICAL THERAPY

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