

**EXPECT TO
GET BETTER**

YOU PROBABLY WILL

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- STAFF SPOTLIGHT



EXPECT TO GET BETTER YOU PROBABLY WILL

Research has shown that positive expectations increase the chances of a good outcome. It's the old self-fulfilling prophecy; your attitude determines your approach to situations. If you believe you'll be successful, you'll likely put in more effort. You'll be more willing to try new things, take some risks, and keep trying after failures or setbacks. A negative attitude will likely mean that you'll take your first failure or setback as confirmation that what you're trying won't work or isn't possible and you'll give up. Why waste time and effort on something that's doomed to failure anyway?

Your Expectations Influence Your Results

There's some research to prove that positive thinking and expectations make a difference in rehab settings too. A review of 23 articles looking at outcomes for shoulder pain found a few interesting things. First, patients who expected to recover and believed that they had some control of the outcome, ended up doing better than those who didn't. Second,

optimistic patients were found to have less pain and disability after completing rehab. Third, patients who believed they'd have pain and disability after surgery tended to have - you guessed it - pain and disability after their surgery. Research says that you tend to get what you expect.

So Do Your Therapists

Your attitude is important, but what about your therapists? There isn't much research specific to PT, but there is a study done in elementary schools that might give us some clues. Two psychologists - Rosenthal and Jacobs did a study showing that teacher expectations had an influence on student performance. They told teachers that randomly selected students in their classes were tested and found to be "late bloomers." These students were expected to show large improvements in academic performance during the school year. When the students were tested 8 months later, the students the teachers believed would improve the most, did.

Why? When teachers think students have a lot of potential to improve, they hold

them to higher standards. They teach more complex materials, don't settle for simplistic answers and are more willing to spend time instructing and working with those students. It's pretty easy to see how this could cross over into a PT clinic. If your PT thinks you can get better, they'll probably put more effort into designing your program, spend more time with you and push you harder than someone they don't believe has a lot of room for improvement.

To have the best chance for a good outcome, you and your therapist both need to expect one. You probably will.

References

De Baets L, Matheve T, Meeus M, Struyf F, Timmermans A. The influence of cognitions, emotions and behavioral factors on treatment outcomes in musculoskeletal shoulder pain: a systematic review. *Clin Rehabil.* 2019 Jun;33(6):980-991. doi: 10.1177/0269215519831056. Epub 2019 Feb 22. PMID: 30791696.

Rosenthal, R, and L. Jacobsen. *Pygmalion in the classroom: teacher expectation and pupils' intellectual development.* New York: Holt, Rinehart and Winston, 1968.

FEBRUARY IS HEART HEALTH MONTH!

CELEBRATE HEART HEALTH BY PRACTICING THESE 8 SIMPLE HEALTH TIPS:

1. Aim for lucky number seven.

Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

2. Keep the pressure off.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

3. Move more.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

4. Slash saturated fats.

To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

5. Find out if you have diabetes.

Millions of people don't know that they have this condition. That's risky because, over time, high blood sugar damages arteries and makes heart disease more likely.

6. Think beyond the scale.

Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.

7. Ditch the cigarettes, real and electronic.

Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.

8. Clean up.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



EXERCISE ESSENTIALS

PIRIFORMIS STRETCH

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.



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therapist or physician before starting
exercises you are unsure of doing.*

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STAFF SPOTLIGHT

JAKE WALKER



Hometown: Milton, MA

School: University of Rhode Island, 2020

Major: Kinesiology

Completing MBA from URI in December 2020

Certifications: CSCS from the NSCA

Played Division 1 Baseball at URI for 5 seasons (2017-2021), Pitcher

My goal as a Strength and Conditioning Coach is to help athletes of all ages and abilities get stronger and move better to improve their performance in all activities that they enjoy.

Jake Walker, CSCS has spent the last 5 years attending the University of Rhode Island where he obtained his undergraduate degree in kinesiology in the spring of 2020 as well as his MBA in December of 2021. During his time at URI he was a 5 year member of the Division 1 baseball team.

During his studies at URI, he spent time as an intern with the Sports Medicine staff where he learned skills and practices regarding managing injuries and bringing athletes back to the level where they can return to their sport. During his time with the Sports Medicine staff, he worked with members of the URI football team and baseball team. Jake has also started a coaching career in baseball at Nokona Athletic Club in Ashland, MA where he helps players improve their skills and become better players. He also holds his certification as a Certified Strength and Conditioning Specialist.

When he is not coaching Jake still plays baseball himself. He participates in the Cranberry League on the South Shore. When he is not participating in baseball activities he enjoys fishing during the summers and golfing.

Jake is starting to take on new personal training clients at Elliott Physical Therapy who are looking to improve their fitness and health through exercise.

You can contact Jake directly to schedule an assessment and consultation via email: jake@elliottphysicaltherapy.com or over the phone: 617.990.6615



FROM OUR KITCHEN TO YOURS

ROASTED BRUSSELS SPROUTS WITH POMEGRANATE



- 1 1/4 pounds Brussels sprouts, trimmed and halved
- 2 tablespoons canola oil
- Kosher salt and freshly ground pepper
- 3 tablespoons pomegranate molasses
- Seeds from 1 pomegranate
- 1/2 cup coarsely chopped toasted hazelnuts
- Finely grated zest of 1 lime
- 1 tablespoon finely grated orange zest)

Preheat the oven to 375 degrees F. Put the Brussels sprouts in a medium roasting pan; toss with the canola oil and season with salt and pepper. Roast in the oven until light golden brown and a knife inserted into the centers goes in without any resistance, about 45 minutes. Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season with salt as needed.

Recipe courtesy of Bobby Flay

DON'T DELAY — COME BACK TO PT TODAY

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