

A photograph of a woman in a gym setting. She is wearing a black tank top and has her hair in a ponytail. She is holding a dumbbell in her right hand and looking down at it with a smile. To her right, another woman, presumably a physical therapist, is wearing a black tank top and has her hair pulled back. She is holding a blue clipboard and looking at the woman with the dumbbell, also smiling. The background shows gym equipment and large windows with bright light coming in.

**GET BETTER
BY GETTING
STRONGER!**

**HOW STRENGTH AND CONDITIONING
CERTIFICATION MAY HELP PHYSICAL
THERAPY OUTCOMES**

INSIDE: • STAFF SPOTLIGHT • EXERCISE ESSENTIALS • HEALTHY RECIPE: SKINNY ORANGE CREAMSICLES



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HOW STRENGTH AND CONDITIONING CERTIFICATION MAY HELP PHYSICAL THERAPY OUTCOMES

Have you been dealing with a stiff and achy knee? Do you notice your muscles seem sore all the time? You may benefit from strengthening. At Elliott Physical Therapy, our physical therapists are up to date on the most advanced strategies for rehabilitation. We will help you resolve your issues to do what you love, pain-free!

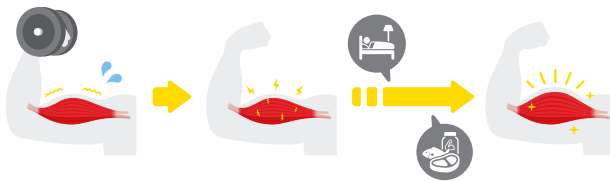
If you are looking for a proven strategy for managing most physical ailments, including pain and injury, the most critical step you can take is strength training. Over the last several years, the evidence behind the benefits of strength training has grown and been confirmed over and over again.

Strength training can also improve your ability and tolerance to everyday activities. One of the most important effects of strength training is to protect you from pain and injury and help enhance your quality of life.

At Elliott Physical Therapy, our physical therapists go above and beyond traditional physical therapy strategies to help our patients. Our therapists have continued to educate themselves by becoming certified strength and conditioning specialist (CSCS) to help our patients achieve the best results possible!

What Is a Certified Strength and Conditioning Specialist?

Certified Strength and Conditioning Specialists (CSCS) are traditionally professionals who study and apply science-based training programs to help athletes enhance athletic performance. Physical therapists are experts in working with people of all ages and abilities.



Every therapist has extensive training in the entire spectrum of care, from prevention to rehabilitation to maximizing physical performance. Physical therapists often complete their CSCS certification to enhance their education and maximize their results.

The unique combination of CSCS certification and a PT degree positions our therapists to apply the science-backed principles of strength training to people of all physical capabilities.

For example, more and more evidence has shown strength training helps reduce the risk of falling, and if someone does fall, it helps reduce the risk of serious injury. Physical therapy aims to help people recover from pain and injury and restore function to their maximum capability. A CSCS certification is an effective tool to ensure these results are achieved.

Effective strength training programs help people from all walks of life, including children, weekend warriors, seniors, and people with

disabilities. At Elliott Physical Therapy, our physical therapists, with their CSCS certification, will create the most effective strength training programs to maximize your outcomes and prevent future problems!

What to Expect from Your Physical Therapy Sessions

Our physical therapists help in a variety of ways. We will start with an injury evaluation and a comprehensive assessment to identify all the factors that may be contributing to your pain and/or injuries. This will consist of a thorough history to understand your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, and a personalized strengthening routine. Our physical therapists with CSCS certification will determine the severity of any injury and identify any other weaknesses or limitations that may

affect your recovery, stability, and strength.

Your physical therapist will then incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Strength and conditioning treatment sessions will be designed and implemented to address your current fitness and fatigue levels to avoid excessive exertion and potential regression or injury. Our therapists will consider the acute or chronic nature of your injuries to identify the appropriate program, ensuring you achieve maximum results with your sports training, strength, and conditioning, nutrition, hydration, and sleep to ensure optimal results.

At Elliott Physical Therapy, our therapists believe acquiring strength and conditioning certifications is an effective way to hone our craft and simultaneously improve your results.

As we get into the full swing of summer, more and more people are active. This is the perfect time to see one of our therapists, who are Certified Strength and Conditioning Specialists, to develop a program that is right for you!

Call today to set up an appointment!

Sources: [https://pubmed.ncbi.nlm.nih.gov/25148648/#:~:text=Exactly%2053.7%25%20of%20respondents%20reported,provided%20for%20patients%20\(77.9%25\);](https://pubmed.ncbi.nlm.nih.gov/25148648/#:~:text=Exactly%2053.7%25%20of%20respondents%20reported,provided%20for%20patients%20(77.9%25);) https://journals.tww.com/nsca-csaj/Fulltext/2019/06000/CSCCa_and_NSACA_Joint_Consensus_Guidelines_for_1.aspx?utm_source=Co;https://pubmed.ncbi.nlm.nih.gov/32564299/;https://pubmed.ncbi.nlm.nih.gov/30703272/;https://pubmed.ncbi.nlm.nih.gov/29372481/;https://pubmed.ncbi.nlm.nih.gov/30131332/;https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5161704/;https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609666/;https://www.ncbi.nlm.nih.gov/books/NBK499863/

EXERCISE ESSENTIALS

Strengthen back and shoulder muscles

STANDING BENT-OVER DUMBBELL REVERSE FLY

Start with knees bent, back at 45-degree angle, and a dumbbell in each hand as shown. Bring weight out to the side, even with your shoulder, keeping your back in position. Return to the start position with control. Repeat for 8-10 reps.



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STAFF SPOTLIGHT



Dr. Colin O'Keefe, PT, DPT, CSCS

Dr. O'Keefe is a graduate of Mount Saint Mary College in Newburgh, NY where he completed his Bachelor's Degree in Psychology. He then attended SUNY Upstate Medical University, earning his Doctorate of Physical Therapy (DPT).

Colin enjoys working with people of all ages and backgrounds and is committed to guiding each individual to create and achieve goals that allow them to get back to doing the things they love. Colin believes in empowering his patients to realize their full potential and is dedicated to each person's full recovery. Having become a Certified Strength and Conditioning Specialist (CSCS), Colin focuses on using these exercise principles when working with each patient and believes in a treatment approach centered on movement, education, and empowerment.

Colin is a member of the American Physical Therapy Association (APTA) and has always actively pursued continuing education opportunities. He has taken multiple courses concentrated on critical thinking, exercise prescription, and the guiding principles of rehabilitation.

Originally, Colin is from Montgomery, New York, but now lives in Quincy with his wife. Outside of the clinic, he enjoys rock climbing, golfing, hiking, cooking, and brewing beer.

Colin O'Keefe practices out of our Milton location and can be reached directly at colin@elliottphysicaltherapy.com or 617-696-8141.

FROM OUR KITCHEN TO YOURS

SKINNY ORANGE CREAMSICLES

- 2 cups unsweetened Greek yogurt
- 1 navel orange, peeled
- 1 cup pineapple chunks
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

**Blend in spinach for a boost of greens.*



WHAT COLIN'S PATIENTS ARE SAYING

"I've had a great experience coming here for knee pain the past few weeks. Everyone here is so friendly and helpful. Colin is my physical therapist. He asks the right questions and provides support through exercises that are just right for my needs. He is also able to answer the many questions I ask and always takes the time to explain. My knee pain and muscle strength have improved so far." — **Autumn**

"Colin is my PT and he is thorough, professional, effective and has taught me excellent exercises that have helped strengthen and heal my knee and hip. I also like all the exercises too!" — **Lisa**

DON'T DELAY — COME BACK TO PT TODAY

SCHEDULE A TELEHEALTH OR IN-CLINIC CONSULTATION

Schedule your telehealth or in-clinic consultation with a physical therapist.

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

elliott
PHYSICAL THERAPY

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