



**ACTIVE RECOVERY GIVES YOU A  
COMPETITIVE EDGE  
ON GAME DAY**

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## ACTIVE RECOVERY GIVES YOU A COMPETITIVE EDGE ON GAME DAY

Have you been worried about your training methods and wondered if the amount of soreness you have is normal or a sign of overtraining? Do you notice your soreness after a challenging workout gets in the way of training or competing at your highest levels?

At Elliott PT, our physical therapists specialize in helping you maximize your training to ensure your body is functioning at its peak potential. We understand the most effective training methods, and the commitment needed to compete at the highest levels. Most importantly, we can help you recover from an injury and learn the most effective strategies to keep you doing what you love!

Competing at your highest abilities requires a comprehensive training program to ensure your body can handle the demands of working out, practicing your sport, and competing. Too often, athletes fail to include proper recovery strategies in their programs and end up dealing with unnecessary soreness or injuries.

Fortunately, at Elliott PT, our therapists are experts at ensuring you are functioning at your peak potential. We are highly skilled at identifying any restriction or weakness limiting your performance and can guide you through full recovery and a safe return to training and competition.

If you are looking for the most effective way to train and prepare for competition, include an active recovery program in your plans. In the meantime, call us today to request an appointment with one of our specialists!

### What Does Active Recovery Mean?

Our body is always seeking balance (homeostasis) with the interconnected systems that allow us to function at our absolute physical best. This includes the stress from training and competing. For our bodies to perform at their best, we have to deal with the stress related to exercise, including:

- Physiological (i.e., muscle tears, dehydration, pain)
- Chemical (i.e., lactic acid levels or oxygen-carbon dioxide levels)
- Mental (i.e., fear, anxiety)

Recovery is essential for the body to restore homeostasis and prepare for future training/competition. Active recovery is when an athlete performs a low-intensity exercise after a heavy workout, athletic event, or competition. As opposed to passive recovery, which means resting and/or avoiding activity after training or competing.

# DO YOU HAVE OUR NEW APP YET?

At Elliott PT, we go beyond traditional healthcare delivery to redefine the patient experience and be available when you need us most! We have designed exclusive software that is available at all times to assist you with your Home Exercise Program. You can now access us via an app on your computer, tablet, and/or smartphone. Through our app, you can request appointments, access videos that help aid in your recovery, and instant message your provider.

## Plus, we are continuing to innovate and will soon be adding push notifications!

Once these are active, you will receive pop-up alerts through your phone with reminders, messages, and more. Through the app, you also will earn achievements and awards for staying on top of your exercises and being a great patient!

## How Do I Access?

To begin, your Elliott PT physical therapist will get you set up with a Home Exercise Program. From there, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!



Scan the QR code to download!

## Connect with your PT today about getting set up on our new app!

Be sure to follow us on social media to receive tips and updates or to leave a review!

@elliottphysicaltherapy

@ElliottPT1

@elliottphysicaltherapy

@elliott-physical-therapy



Scan the QR Code to connect and stay in the loop with our news & events.

Another common term used for active recovery is "cool down." It has been long established that warming up helps get you prepared for exercise and enhances performance. More and more research shows that proper cool-down routines (low-intensity exercises) can alleviate stress on muscles, joints, and connective tissues and help facilitate muscle growth and strength.

Active recovery has been shown to help athletes in several key ways:

- It reduces the buildup of lactic acid in the muscles, minimizing post-exercise stiffness and discomfort.
- It facilitates blood flow to the joints and muscles, which helps reduce the buildup of inflammation.
- It helps our heart maintain a steady state which helps improve endurance and training volumes.
- It helps to reduce the feelings of fatigue mentally and simultaneously improves your mood.

If you are looking for the most advanced methods for dealing with and/or preventing injuries so you can function at your highest ability, our therapists can help. Our physical therapists at Elliott PT will ensure you get the results you've been looking for!

## What to Expect at Your Physical Therapy Sessions

Resolving injuries when they are small leads to faster, longer-lasting recovery, so you aren't limited from training or competing. Our therapists will conduct a comprehensive

physical evaluation and a detailed history to understand the training demands and the athlete's overall health.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique for the individual athlete.

Your physical therapist will then incorporate sport-specific treatments with a proper warm-up, training techniques, and an active recovery program to assist you in a safe return to training and competition. We will implement the most effective methods for reducing soreness and fatigue while maximizing strength, power, and performance gains.

We will use therapeutic massage, to complement our low-intensity cool-down routines to maximize your recovery. In addition, we can guide you through proper nutrition, hydration, and sleep routines to ensure your body recovers and is ready to compete at the highest levels!

## Request an Appointment Today!

Physical therapy will provide the foundation for successful training while reducing future injuries! Call today to schedule an appointment with one of our specialists, and let us help you to continue reaching for your dreams!

Sources:  
[https://ijrep.org/wp-content/uploads/iana-downloads/2020/1/occonnor\\_et\\_al\\_2020.pdf](https://ijrep.org/wp-content/uploads/iana-downloads/2020/1/occonnor_et_al_2020.pdf)  
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# EXERCISE ESSENTIALS

## ACTIVE COOL-DOWN EXERCISES

1. Take a five- to ten-minute light jog or walk.
2. If you have access to a pool, a few laps can be a great way to cool down, especially in the warmer months!
3. Marching in place. March in place for five to ten minutes and if you are also looking to work out your arms a bit, you can extend them out to your sides and make circles with each arm.



Always consult your physical therapist before starting exercises you are unsure of doing.

# STAFF SPOTLIGHT



## Jake Walker, cscs

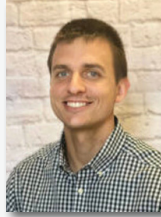
Jake holds a Bachelor's degree in Kinesiology and an MBA from University of Rhode Island, where he was a 5-year member of the Division 1 baseball team.

During his studies at URI, he interned 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. With the Sports Medicine staff, he worked with members of the URI football team and baseball team. Jake also started a coaching career in baseball at Nokona Athletic Club in Ashland, MA where he helps players improve their skills. He is also a Certified Strength and Conditioning Specialist.

When he is not coaching, Jake still plays baseball himself, participating in the Cranberry league on the South Shore. Outside of baseball, he enjoys fishing and golfing.

Jake is currently accepting new clients looking to improve their fitness and health through exercise. You can contact him to schedule an assessment and consultation at [jake@elliottphysicaltherapy.com](mailto:jake@elliottphysicaltherapy.com) or 617-990-6615.



## Phil Alibrandi, Administrative Director

As Administrative Director, Phil has helped develop and grow the administrative department at Elliott Physical Therapy. During Phil's time with our team, he has developed an authorization department to help both improve our insurance authorization system as well as improve our administrative patient interaction.

Phil credits our strong administrative department to the great people we added to our teams; in the clinic and working remotely.

Prior to his time with Elliott PT, Phil graduated from Regis College with a Bachelor's degree in Communication. He then remained at Regis to earn a Master's degree in Health Administration. After completing his graduate coursework, Phil spent several years managing administrative operations for a physical therapy company with several different clinic locations.

Phil also has a passion for basketball. He played four years of college basketball at Regis and is in the college's 1,000-point scorer's club. After graduating, Phil has continued to be involved in basketball. He has coached at the college level for over 10 years and was named the head men's basketball coach at Curry College in 2021. Phil's favorite thing to do is spend time with his wife and their three children.

Phil is dedicated to assuring that all Elliott Physical Therapy clinics provide an exceptional patient experience as the administrative department strives to redefine the healthcare experience.

Phil is the basketball coach at Curry College where Jake is currently partnering with athletes to assist with strength and conditioning training.



**JOIN JAKE, PHIL & THE REST  
OF THE ELLIOTT PT TEAM!**

## WE ARE HIRING!

### Physical Therapist

Dorchester Hingham  
Easton Mansfield  
Hanover Milton

### Office Manager

Mansfield

### Event Coordinator

### Care Coordinator

N. Attleboro  
(part-time)

### University Liaison

### CCCE Coordinator

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PHYSICAL THERAPY