

BE HEALTHIER IN THE NEW YEAR!



INSIDE:

• STAFF
SPOTLIGHT

• JOIN OUR
TEAM!

• MAPLE CINNAMON SWEET
POTATO WEDGES WITH
PECAN CRUMBLE



BE HEALTHIER IN THE NEW YEAR

We all know what happens when the New Year hits! Everybody starts attempting to set goals to improve their lives over the next 12 months.

While there's never a wrong time to prioritize your health and well-being, the beginning of a brand new year certainly feels like a great time to make significant changes!

It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, Elliott PT is here to help you!

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health.

That's why we wanted to share some of the best things you can start doing today to get your health on the right track for 2023!

Stretches and Exercises for Improved Health

When it comes to getting fit, exercising more often is truly a no-brainer. Tons of targeted stretches and exercises may help you feel better and get into better shape at the same time.

Our physical therapists are movement experts who enjoy teaching our patients how to perform a variety of exercises to make them stronger and increase their flexibility, stability, and stamina.

Here are some types of stretches and exercise pointers that may help you improve your overall health. If you see a physical therapist, they may incorporate some of these into a treatment plan for you.

Aerobic Activities

Aerobic stretches and exercises help increase your stamina. They keep you healthy, improve your fitness, and allow you to have an easier time doing the things you love.

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.

Some forms of aerobic endurance exercises include:

- Biking
- Dancing
- Swimming
- Playing a sport
- Climbing
- Walking, sprinting

Strength Training Exercises

Strength training makes your muscles stronger and also helps to prevent fall injuries. Some common forms of strength-building exercises include:

- Lifting weights
- Using resistance bands during a workout

Boosting Your Immunity Levels

Making sure our immune systems are performing in tip-top shape should definitely be a priority for everyone this year. After all, the stronger your immune system is, the less likely you are to contract an illness that could leave you worse for the wear.

Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:

- Refraining from smoking
- Eat a diet high in fruits and vegetables.
- Exercising regularly.
- Maintaining a healthy weight
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.
- Try to minimize stress.



Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition affecting your overall wellness, one of our skilled therapists can help!

Let Us Help You Bring in the New Year Right

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first or if you are dealing with a pain condition, we can help. Contact Elliott PT today for more information.

Sources: <https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>; <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20344651>; <https://www.healthline.com/health/benefits-of-stretching#types>

EXERCISE ESSENTIALS



DECOMPRESSION EXERCISE

Lie down flat on your back with your knees bent, feet flat, palms up, and neck relaxed. Your chin should be pointing straight up. If the chin is pointing too far up and back, place a pillow or towel roll under the head to tilt the chin to neutral. If the chin is pointing too far toward the chest, place a towel roll under the neck to tilt the chin up to neutral. Relax in this position for 3 minutes.



STAFF SPOTLIGHT



Julie Distler, PT, DPT

Julianne Distler, PT, DPT is a graduate of University of Maryland, College Park where she received her Bachelor of Science in Kinesiology. She then completed her post-graduate studies at Massachusetts College of Pharmacy and Health Sciences (MCPHS) where she earned her Doctorate of Physical Therapy (DPT) degree.

Julie has developed valuable skills in exercise-based treatment as well as manual therapy to help patients reach their goals for optimal movement and function. She is a member of the American Physical Therapy Association (APTA) as well as a certified personal trainer through the American College of Sports Medicine (ACSM). Julie specializes in sacrococcygeal dysfunction and enjoys treating patients with hip, pelvis and low back pain as well as treating avid lifters and gym goers. Her interest in weight lifting started in undergraduate school when she worked at the campus gym. Working at the gym inspired her and helped establish her love for using exercise as medicine.

Julie loves promoting physical therapy as both a tool to help people heal in order to return to their normal level of function as well as to improve balance and strength to prevent future injuries. Since starting at Elliott Physical Therapy, Julie has completed various courses from the Institute of the Physical Art including Proprioceptive Neuromuscular Facilitation, Functional Mobilization, and Sleep Health and Recovery, to name a few.

In her free time, Julie loves to exercise, read, and is a devoted lover of films, especially those by her favorite director, Denis Villeneuve.

FROM OUR KITCHEN TO YOURS

MAPLE CINNAMON SWEET POTATO WEDGES WITH PECAN CRUMBLE (VEGAN, GLUTEN FREE)



- 3 large sweet potatoes, scrubbed and cut into thick wedges
- 1 tbsp avocado oil
- 1 tbsp maple syrup
- 1 tsp cinnamon
- 1/2 tsp salt

Crumble Topping

- 1 cup old fashioned rolled oats
- 1/3 cup almond flour
- 1/3 cup pecans, roughly chopped
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 2 tbsp maple syrup
- 2 tbsp vegan butter or coconut oil, melted

Preheat oven to 410 degrees F. Line a large baking sheet with parchment paper. Toss sweet potato wedges in avocado oil, maple syrup, cinnamon, and salt until well coated. Spread in an even layer on baking sheet. Roast for 35-40 minutes, flipping sweet potatoes halfway through roasting.

While sweet potatoes roast, prepare the crumble. Mix together oats, almond flour, pecans, cinnamon, and salt in a mixing bowl. Add maple syrup and vegan butter, and mix with your hands to form a crumble.

Reduce oven to 325 degrees F. Line a small baking sheet with parchment paper. Spread the crumble mix in an even layer onto the baking sheet. Bake for 25 minutes, until golden brown.

Let crumble cool before breaking it into large chunks with your hands. Add the crumble just before serving. Serve warm or room temperature.

<https://www.daisybeet.com/maple-cinnamon-sweet-potato-wedges-with-pecan-crumble-vegan-gluten-free/>

WE ARE HIRING!

Physical Therapist

Dorchester Hingham
Easton Mansfield
Hanover Milton

Office Manager

Mansfield

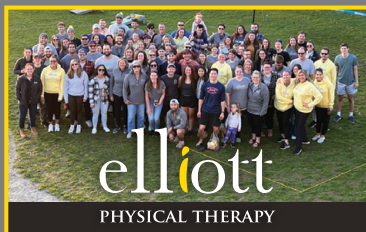
Event Coordinator

University Liaison

CCCE Coordinator

Care Coordinator

N. Attleboro (part-time)



elliott
PHYSICAL THERAPY

Apply at elliottphysicaltherapy.com/join-our-team/

COME BACK TO PT TODAY

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

elliottphysicaltherapy.com