



TIPS TO
KEEP UP WITH YOUR PHYSICAL THERAPY THIS
SUMMER

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TIPS TO KEEP UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At Elliott Physical Therapy, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love!

Request an appointment with one of our specialists and see how we can help you feel better again!

How to Fit Home Exercises Into Your Travels

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how

difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Here are a few tips to keep up with your physical therapy:

- **Use the hotel gym:** Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.
- **Exercise in the pool:** You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.

Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

FITNESS IN THE SUMMER

- **Explore the town you are staying in:** Does your schedule leave little time to fit in physical activity? Walking around the neighborhood or visiting the shops can be an easy way to exercise. Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!
- **Maintain a healthy diet on the go:** Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions. Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

Request an Appointment at Elliott Physical Therapy Today

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go.

If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call Elliott Physical Therapy to set up an appointment!

We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC586927/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5938081/>

Are you ready to get active this season? Summer is almost here, which means warm weather, enjoying the sunshine, and participating in all your favorite seasonal activities. If you need some inspiration to get moving this season, check out the list below!

Take Up Gardening

After spending so much time cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this summer. Gardening is an excellent and approachable way to get moving this season. Even if you don't have a huge yard, you can participate in this activity through container gardening on a porch, windowsill, or in a sunny spot in your home.

Go for a Swim

Swimming is low impact, gentle on the joints, and a good cardio workout. Whether you're doing laps, floating, walking in the shallow end or tossing an inflated ball with a friend, swimming is a fun and healthy activity. And nothing feels better than jumping into the pool on a hot day! Sign up for a class at your local YMCA or fitness club to get started.

Find a Hiking Trail

Hiking is a great warm-weather activity, especially if you enjoy taking in the sight and sounds nature has to offer. Remember to stay hydrated and wear the right footwear so as to prevent ankle sprains and strains!

Walk on the Beach

If you're lucky enough to live near the beach, take advantage of the beautiful scenery while moving your body! Walking is an easy way to improve your health. In fact, research shows that walking just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

Try one of these!



9 Best Hiking Spots Near Boston

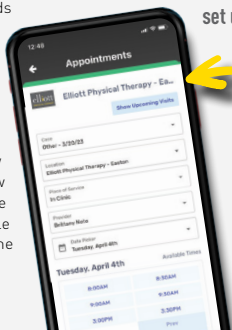
GET OUR NEW APP!

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 view upcoming appointments, request appointments, access videos that help aid in your recovery, and instant message your provider.

Once you are set up for an account, you will receive push notifications 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!

And we are excited to announce the app now features Step Tracking! If you already have the app, you can access this new feature by downloading the new version of the app and if you are new to the app, you will be able to enable access the first time you log in.

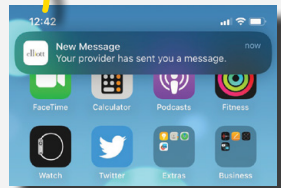


How Do I Access?

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!

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

Scan the QR code to download!



STAFF SPOTLIGHT



Samantha Rate PT, DPT, CSCS

Samantha is a graduate of Northeastern University, where she received both her Bachelor's degree in Rehabilitative Sciences and her Doctorate of Physical Therapy.

Her clinical experience has been primarily in the outpatient orthopedic setting, treating patients from 5 to 95 years old. She is passionate about treating injured athletes and fitness enthusiasts alike. Her clinical interests include sports injury rehab and prevention, post-operative care, and overuse injuries. She utilizes manual therapy, exercise prescription, and patient education to help get her patients moving again. Sam is a Certified Strength and Conditioning Coach (CSCS) and is certified in dry needling and in runner gait analysis.

Through her experiences as a physical therapist, Sam has grown to realize the power of movement in all patient populations. She truly believes that you are never too old or too young to set and achieve fitness and wellness goals.

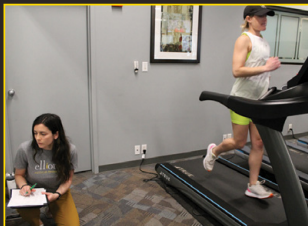
When she is not treating patients, Sam enjoys running, playing Ultimate Frisbee®, skiing, cooking, watching movies, traveling, and spending time with friends, family and her two kitties, Hank and Tully.

RUNNER GAIT ANALYSIS WORKSHOP

Elliott PT partnered with Fitness Unlimited in Milton to host a Runner Gait Analysis workshop on May 9, 2023.

We will be hosting another one soon!

Please contact samantha@elliottpt.com if you are interested.



NOW OPEN: NEEDHAM!

Elliott Physical Therapy – Needham
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Easton Hingham

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- 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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