



**WHY PHYSICAL
THERAPISTS AND
FIRST RESPONDERS
MAKE A
GREAT TEAM**

INSIDE:

• INTRODUCING
FITNESS TOGETHER

• NEEDHAM CLINIC
NOW OPEN!

• JOIN OUR
TEAM!



WHY PHYSICAL THERAPISTS AND FIRST RESPONDERS MAKE A GREAT TEAM

A Physical Job Requires Physical Training. We're Here to Help.

Are you an EMT who's the first on the scene after an accident? A firefighter who jumps to action as soon as someone's home is aflame? A law enforcement officer who has to chase down and subdue the bad guys?

No matter what sort of first responder you are, you have an essential job—but it's one that can take its toll. First responders of all types are at high risk of both on-the-job injuries and job-related mental health concerns. At Elliott Physical Therapy, we want to offer up regular physical therapy as a potential solution.

Sound strange? Not as much as you might think. Consider another physically demanding job: professional sports. High-level athletes regularly work with physical therapists and other experts to condition their bodies, prevent injuries, and address impairments and imbalances. Your physically-demanding job means you'd benefit from a similar program.

Our specialized first-responder training program also provides you with emotional resiliency and the peace of mind that you're fit and ready for action—all while helping resolve and manage pain from previous injuries.

If you're a first responder and want to learn more about how physical therapy can help you, schedule an appointment with us today!

A Preventative Physical Therapy Program Designed for Your Needs

As a first responder, the odds are good that you know someone who utilized physical therapy after an injury. But our first responder program is about avoiding those types of injuries in the first place. It's designed to get you fit and ready for service—perhaps more fit than you ever thought possible!

Our team is familiar with the physical fitness requirements you'll need to demonstrate to excel at your job. When you first joined up, you had to pass a series of fitness tests: for example, you probably

First Responders continued

had to run the mile under a certain time or do a set number of pushups. Our program uses those requirements as the baseline for an intense conditioning program based on the conditioning programs used by high-level athletes. It's not about rehabilitation but building strength, improving mobility, and addressing biomechanical impairments before they become problematic.

Furthermore, we design our programs based on the functional movements you need for your job. Successfully doing thirty pushups in a row shows you have some excellent upper-body strength—but how often do you perform pushups on the job?

Instead, our exercises will mirror the movements you do as part of your duties. For example, a firefighter might need to carry someone

to safety—so we'll have you train for that possibility by carrying a heavy bag across the floor.

Before you begin the program, we'll thoroughly assess your current fitness levels and specific job requirements, ensuring the program we design meets your needs and doesn't waste your time.

Physical Therapy as a Means of Promoting Good Mental Health

But physical injuries aren't the only concern among first responders. Your job asks that you regularly bear witness to human suffering while putting yourself at risk of personal harm. As a result, first responders

INTRODUCING *FITNESS TOGETHER*, ANOTHER GREAT FITNESS CENTER IN NORWELL!

FITNESS TOGETHER

At Elliott Physical Therapy we support and partner with many local gyms. This month we want to introduce you to another great fitness center in Norwell, MA — Fitness Together. Fitness Together specializes in one-on-one personal training and their goal is to empower you to have the energy to do what you love. They offer a custom workout program made just for you, in-studio or virtually on the go!

You are unique and your training should be, too. No matter your age or fitness level, Fitness Together is invested in helping you reach your personal goals. They don't just jump in — they take the time to get to know you and understand where you are starting on your wellness journey — all before an experienced personal training team member creates your custom workout program to put you on the path to success. For over 17 years, they've helped many South Shore residents succeed with post PT strength and conditioning.



Call Joe (781) 659-0034 to book a Complimentary Fit Evaluation and Training Session.



STRETCH-FLEX
FITNESS TOGETHER NORWELL

Having trouble moving because of muscle achiness and soreness? Wouldn't it be great to decrease pain, move better & feel better? The experts at Fitness Together Norwell can help. At the start of a session, our assisted dynamic movements take your joints through a full range of motion, gradually increasing your flexibility and mobility. Strengthening exercises complement stretching by addressing muscle imbalances and providing better joint support. When specific muscles are strengthened, they can better support the joints, which can reduce tightness and improve flexibility.

Interested in learning more? Check out [FitnessTogether.com/norwell](https://www.fitness-together.com/norwell).

of all types are at higher risk of depression, PTSD, substance abuse, and even suicide.

Physical therapy is not a replacement for mental health counseling. However, our programs can help you feel safer and more confident in your physical ability while serving as a healthy means of managing stress.

It's well-known that exercise plays a role in reducing stress, anxiety, and negative emotions. At the same time, however, it's much harder to mentally move to exercise when you're in a high-stress period. Our structured program takes the guesswork out of working out so you can more easily reap the benefits.

We also understand that many first responders might struggle with persistent pain due to old injuries or musculoskeletal weaknesses, which can further contribute to mental health difficulties. Our therapists can help you resolve that pain through manual therapy techniques or targeted therapeutic exercises, further helping with mental health.

Get Started Today: Call Us To Schedule an Appointment!

The Elliott Physical Therapy team is here to help first responders—firefighters, law enforcement officers, EMTs, and paramedics—become physically and mentally prepared for the difficulties of their job. We design our programs with you in mind.

To learn more about our first responder physical therapy programs, schedule an appointment today!



Sources:
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NOW OPEN: NEEDHAM!

Elliott Physical Therapy – Needham
392 Chestnut Street • Needham, MA 02492
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Dorchester Easton Hanover Hingham

Care Coordinators

Needham North Attleboro

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Balance confidently and securely	Live an active & healthy life

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PHYSICAL THERAPY

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