



GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

Check out our [newly updated website](#) to learn more about how Elliott PT can provide you with exceptional care!

www.elliottphysicaltherapy.com





GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

Are you struggling with pain intense enough that it affects your ability to do your usual routine? Our compassionate, highly skilled physical therapists and one-on-one approach to care can guide you back to health and doing what you love! Whether you have recently had surgery or are recovering from a new injury, physical therapy at Elliott Physical Therapy can help you be your best.

October is National Physical Therapy Month, and as physical therapists, we want to ensure that you have a reliable source to help you resolve whatever physical concerns you face. From runners therapy to post-partum care, we're here to help you find solutions that work!

Request an appointment with us today so we can help you get back to the life you deserve.

What Are Some of the Health Benefits of Physical Therapy?

Physical therapy can help improve your joint range of motion and overall mobility: Our body's joints work together to help us walk, jump, run, work, play, and so much more! By improving joint range of

motion, you can improve overall mobility and activity tolerance, making day-to-day tasks much easier.

Physical therapy can help strengthen muscle weakness and compensation patterns: Through injury or surgery, muscles become weak, impacting your overall function. With our hands-on, comprehensive evaluations, we'll identify weaknesses and teach you how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you visit us to help resolve an injury, you'll receive not only the benefits of rehabilitation but a total body approach to your health. As movement experts, we're trained to help you move more, no matter your limitations or restrictions. More activity equals improved health!

Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy, plus specialized training such as gait modifications and coordination exercises to stimulate the nervous system and help ensure proper biomechanics.



— NATIONAL — PHYSICAL THERAPY MONTH

Physical therapy is an effective, minimally invasive approach to resolving or managing all manner of musculoskeletal injuries and impairments. Here are just a few of the issues our physical therapists can help address:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

At Elliott Physical Therapy, we take a patient-centered approach to care. We're a family-owned clinic offering personalized care and many specialized programs, such as the following:

- **Aquatic therapy:** A great choice for people with arthritis or other intense pain.
- **Lee Silverman Voice Treatment (LSVT) Big:** A program focused on helping people with Parkinson's and similar motor conditions recalibrate their movements to produce bigger motions, ensuring they can more easily carry out day-to-day tasks.
- **Runner and Dance Therapy:** We offer targeted treatment designed to address the unique needs of both runners and dancers, including injury prevention and rehabilitation.



- **Titleist Performance Institute (TPI) Golf:** Golfers, we haven't forgotten about you, either! Our TPI specialists will help improve your swing along with your overall strength and mobility.
- **Pregnancy and Postpartum Care:** Our therapists will help you manage pregnancy-related musculoskeletal discomfort
- **Work Conditioning:** We'll help you get ready for the physical demands of your job—so you can avoid costly injuries later on

Of course, this only represents a small sampling of what we can do for you and your family! All appointments are one-on-one and customized to address your unique needs and goals, ensuring you get the best care possible.

Call Us Today to Request an Appointment!

At Elliott Physical Therapy, we use compassion, encouragement, and motivation when working with our patients. We aim to positively impact people's health and improve their quality of life. Your therapy will be centered around helping you get back to doing what you love without pain.

We understand that no two pain conditions are alike, and no two treatment plans should be either. If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success.

Contact us to learn more about National Physical Therapy Month and the benefits of physical therapy.

Sources: <https://academic.oup.com/ptj/article/95/11/1433/2686492>, <https://academic.oup.com/ptj/article/90/7/1101/42737793>, <https://bjsm.bmj.com/content/52/2/4/1557>, <https://www.sciencedirect.com/science/article/abs/pii/S156897218302106>



FEEL BETTER BY EATING BETTER!

APPLE PIE CHIA SMOOTHIE

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoons maple syrup
- ½ teaspoon vanilla extract
- ¼ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

<https://hellglow.co/fall-smoothies/> Photo by Ana Stanciu

SPOTLIGHT OF THE MONTH



Amanda McInnis, PT, DPT

Amanda is a graduate of Northeastern University with a Bachelor's degree in Rehabilitation Sciences and a minor in psychology as well as a Doctorate of Physical Therapy (DPT). While completing her degree, she was a member of one of Northeastern's Dance Teams as well as a tutor for Physical Therapy foundations courses.

Along with her DPT degree, she has also been a certified dance instructor with the Dance Teacher's Club of Boston for 8 years. During her clinical experience, Amanda also worked with DPTs and MDs involved in the Boston Ballet and dance companies in the surrounding Boston area. She is currently an instructor at a dance studio in Melrose, MA.

Amanda is now also a part of the opening team at our Curry College satellite location offering physical therapy services onsite for Curry athletes. Working alongside Jake Walker, our Strength & Conditioning Program Manager, Amanda provides convenient access to physical therapy treatment at the Miller Field House.

Call our Milton clinic to make an appointment at one of our Milton satellite locations today! **617-696-8141**

SATELLITE LOCATIONS

Meeting you where you are!

At Elliott Physical Therapy our goal is to meet you where you are at in your health and wellness journey. We want to keep you moving, so we've launched satellite locations to do just that.

Currently we have four satellite locations in Milton:

Curry College

Fitness Unlimited

Fontbonne

Fuller Village

These locations provide:

- familiar gyms and equipment
- easy-to-access on-site physical therapy services
- a personalized plan of care including the best exercises to achieve your goals
- no schedule interruption or travel time

We also offer physical therapy services focused on injury prevention, which is important for everyone, but especially active individuals and athletes. These services can involve functional movement screens, gait analysis, strengthening and conditioning and overall performance improvement.

Call us today to book an appointment for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent future injuries.

Scan the QR code for more information!



Looking To Get Moving AND Support Great Local Organizations?

Join us at one of these upcoming events!

10/1: Needham Harvest Fair

10/22: Powisset Farm Trail Run

10/7-10: Columbus Day Tournament with Mansfield Youth Soccer

10/29: Milton Monster Dash

10/8: Boston Firefighters 10k Memorial Road Race

10/28: Spirited Stroll Hanover

10/14: Mike's 5k to Crush Substance Abuse

10/29: Milton Halloween Stroll

10/15: Weir River Farm Trail Run

11/5: South Shore Half Marathon



WE CAN HELP YOU:

Move without pain
Bend and move freely

Sit for long periods
comfortably

Balance confidently
and securely

Walk for long distances
Live an active & healthy life

elliott

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