

LIVE A HEALTHIER LIFE

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



INSIDE:

• WHY AN ANNUAL PT CHECK-UP IS A GAME-CHANGER

• STAFF SPOTLIGHT
• HEALTHY MAKE-AHEAD BREAKFAST RECIPE!



LIVE A HEALTHIER LIFE WITH PHYSICAL THERAPY

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at Elliott Physical Therapy are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially if you are living with chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact Elliott Physical Therapy today!

How PT Can Help You To Be Healthier

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating you about your condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and

soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Physical Therapy Treatments Target Your Needs and Goals!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We will also work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.



Sources: <https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>

Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

What to Expect from Your Physical Therapy Sessions

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals. Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

Contact Us Today!

If you want to improve your health, strength, and physical activity, Elliott Physical Therapy is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

ANNUAL PHYSICAL THERAPY EVALUATION

Many people often slot physical therapy as a post-injury or surgical recovery tool. But its potential stretches way beyond that. Physical therapists have the education, experience, and expertise necessary to provide a comprehensive health screening. This isn't just about assessing where you are now but monitoring your health status over time.

Periodic evaluations can prevent potential problems down the road. It's all about proactive care instead of reactive treatments!

Why an Annual PT Check-up Is a Game-Changer

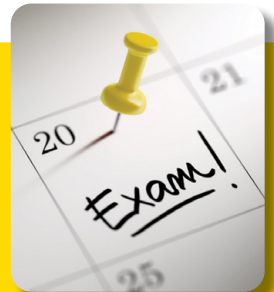
An annual PT check-up isn't just about prevention; it's about connection. At Elliott PT, this yearly assessment allows us to build a deeper relationship with our clients. It's all about ensuring your body, from head to toe, operates at its peak potential.

By closely monitoring your physical abilities, we're always one step ahead in preventing potential injuries. It's like having a safety net, always there, always ready. In addition, any limitations in physical function, be it from age, lifestyle, or external factors, are identified early on. This means interventions can be timely, efficient, and targeted.

Just like a car's engine check, we'll inspect your joints and muscles. Do you know if your left arm is weaker than the right? Or could you stretch a bit more? We'll sort that out for you!

A simple stroll around the clinic can tell us a lot about your balance and walking patterns. No more tripping or worrying about falling in your home or around the community.

Whether you're an athlete or just want to chase after your grandkids, we'll make sure you're functioning at your very best.



STAFF SPOTLIGHT



Orion Seraph, PT, DPT

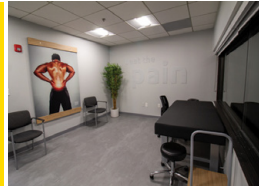
Orion, PT, DPT, completed his undergraduate studies at Springfield College with a Bachelor of Health Science and a Minor of Business. He continued his graduate studies at Springfield College to receive his Doctor of Physical Therapy (DPT).

Orion participated in a clinical rotation at the Mansfield Elliott clinic where he fell in love with the clinic atmosphere and culture. He has clinical experience in the outpatient setting, working with an array of diagnoses across the lifespan. As a former athlete in football, wrestling, and lacrosse, he continues to explore his passion for sports through tennis, skiing, and golf. Orion is an advocate for sports rehabilitation and injury prevention, guiding athletes to help them perform at their highest level.

Along with his love for sports, Orion is a former nursing assistant, where he spent most of his summers working with retired veterans. He has great respect for this population and an appreciation and understanding of the aging body.

At Springfield College, Orion participated in screenings for senior Olympic participants, along with various leadership programs like Pre-camp, Leadership Training Conference, and June Orientation. Orion loves to travel the world; he has visited Spain, France, done a semester abroad in Ireland, and participated in a clinical rotation in Florida. In his down time Orion enjoys cooking, hiking, visiting his home state of Maine, and watching Boston sports.

Orion will be treating patients at our new Dedham location inside of OrthoLazer. Call today to book an appointment with him.



OMELET MUFFINS

*Healthy
Make-Ahead
Breakfast!*

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Cool completely then wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.

Source:
<https://www.savoryonline.com/recipes/208593/spinach-and-pepper-omelet-muffins>

We are excited to announce that the votes are in and Elliott Physical Therapy has won the Community Choice Award for physical therapy company on the South Shore.



COME BACK TO PT TODAY

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PHYSICAL THERAPY

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