

ARE YOU TAKING CARE OF YOUR HEART?

5 TIPS for Better Heart Health

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

www.elliottphysicaltherapy.com



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ARE YOU TAKING CARE OF YOUR HEART?

Have you been diagnosed with high blood pressure? Do you get out of breath going up a flight of stairs? Your heart is vital to your survival. At Elliott Physical Therapy, our therapists understand how important it is to address underlying issues and create a plan to help prevent injury and disease.

Heart disease is the number one cause of death in the United States, accounting for one in four deaths each year. Fortunately, most forms of heart disease are preventable by making lifestyle changes, including exercising, practicing good nutritional habits, and reducing stress in your everyday life.

February is American Heart Month. Our team at Elliott Physical Therapy can help improve your heart health by helping you learn how to eat a well-balanced diet, exercise regularly, and avoid anything that can cause damage to it.

Request an appointment with one of our specialists to learn how to keep your heart healthy!

5 Tips for Better Heart Health

When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. Plaque forming in your arteries is the cause of heart attacks and strokes. Follow these action steps and maintain a healthy lifestyle to improve your heart health.

Here are 5 simple ways you can make sure your heart continues to perform at its best:

- 1. Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight, reduce your stress and improve your mood.
- 2. Participate in strength training:** Strength training is one of the most effective injury-prevention strategies for the body and heart. Your therapist can help you develop safe strength-training techniques.

3. Maintain mobility of the joints and muscles: Regular movement and activity and makes you feel better, and the more active you are, the healthier your heart is! Knowing the right workouts and therapies for your joint and muscle health will help you feel better and enhance your overall function.

4. Eat healthy meals: Nutrition plays a huge role in heart health. Plant-based foods, whole grains, lean meats, and healthy fats like fatty fish and olive oil should all be in your diet. Fried foods, trans fats, processed foods, and added sugar should all be avoided.

5. Manage your stress: Stress can raise blood pressure, so do your best to find daily ways to relax. The less stressed out you are, the less tension and stress you place on your heart. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

What to Expect in Physical Therapy

If you're looking for a safe way to improve your heart health, physical therapy is a great option. At Elliott Physical Therapy, our team of experts can play a leading role in preventing, reversing, and managing heart-related conditions. Our therapists can help you improve your heart health by advising you on lifestyle adjustments that include daily exercises, nutrition, and stress reduction strategies based on your individual needs.

Our team is comprised of movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We perform a thorough evaluation that includes your overall health status to create an exercise plan that ensures you're getting as much physical activity as you can throughout the day. This will consist of



treatments to address any injuries you may have and to help prevent other health issues.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up. Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future.

Our goal is to incorporate activities to improve your heart health so you can enjoy your life!

Request an Appointment Today

Caring for your heart is just as important as caring for any other part of your body. For American Heart Month, our team at Elliott Physical Therapy can help you get back into shape safely and healthily!

Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!

Sources: <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2845247/>

VEGETARIAN CHILI *Heart-Healthy Recipe!*

- 1 tsp canola oil
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 2 cloves garlic, minced
- 1 (14.5 ounce) can no-salt-added diced tomatoes
- 1 (8 ounce) can no-salt-added tomato sauce
- 1 cup water
- 4½ tsp chili powder
- 1 tsp garlic-herb, salt-free seasoning blend
- 1 tsp ground cumin
- ½ tsp salt
- 1 (15 ounce) can kidney beans
- 1 cup frozen mixed vegetables
- ½ cup light sour cream
- Fresh diced cilantro
- ½ tsp chili powder



Lightly coat large saucepan or Dutch oven with nonstick cooking spray. Preheat over medium-high heat. Add oil; swirl to coat bottom of pan. Add onion and peppers to hot pan; reduce to medium and cook for 8 to 10 minutes or until tender, stirring often. Add garlic and cook about 1 minute or until fragrant. Add undrained diced tomatoes, tomato sauce, water, chili powder, seasoning blend, cumin, and salt. Bring to boil; reduce heat. Cover and simmer for 15 minutes. Stir in beans and mixed vegetables. Return to boil; reduce heat. Simmer, uncovered, about 10 minutes more or until vegetables are tender. If desired, top individual servings with sour cream, cilantro and a sprinkle of chili powder.

STAFF SPOTLIGHTS



Zachary Siegenthaler, PT, DPT Clinical Manager

Zachary Siegenthaler, PT, DPT, Assistant Clinical Manager of our North Attleboro location, is a graduate of Mount Allie College with a Bachelor of Science in Biology and a minor in Business. Zach completed his post-graduate studies at the

Massachusetts College of Pharmacy and Health Sciences (MCPHS) where he earned his Doctor of Physical Therapy (DPT) degree.

Zach's clinical experiences included sub-acute rehabilitation and outpatient orthopedics. During his clinical rotations, Zach was fortunate to have the opportunity to work with a wide variety of populations; including patients presenting with musculoskeletal, neurological, cardiopulmonary and developmental pathologies. Over the course of his clinical experiences, Zach developed special interests in a variety of manual therapy and exercise-based treatment techniques, to best help his patients achieve their desired goals. Zach is also a member of American Physical Therapy Association (APTA) and has his CrossFit Level 1 Coaching Certificate, CF-L1.

Zach is a native Floridian, growing up in Parkland, FL. He enjoys spending his free time in the outdoors; fly fishing, golfing, or hiking, when he is not coaching or competing in CrossFit.



Michele Lucas, PT, DPT Physical Therapist

Michele Lucas, PT, DPT graduated with both her undergraduate and Doctorate of Physical Therapy from Northeastern University.

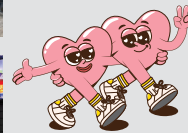
Her clinical experience includes working in outpatient orthopedics and inpatient cardiac and intensive care units. She has been an athlete all her life and was fortunate enough to never have any serious injuries until after she became a PT. Michele tore her ACL and meniscus while skiing which gave her a direct insight into what it feels like to be a patient. This injury furthered her passion for injury prevention and using exercise to help people improve their physical and mental health.

Michele has completed continuing education in dry needling through Integrative Dry Needling; pilates through Balanced Body and Polestar; and blood flow restriction through Owens Recovery Science. Michele enjoys working with athletes and had taken additional coursework through the Institute of Clinical Excellence to address problems specific to the CrossFit and lifting communities. She is also a member of the American Physical Therapy Association (APTA).

During her time at Northeastern, she spent a semester in Thessaloniki, Greece studying abroad, and 2 months in Lima, Peru studying Spanish. She played club lacrosse and coached the Northeastern women's club team for 3 years after graduating. She loves to travel, ski, cook, and spend time with family and friends.

CELEBRATING 2023

We just hosted our companywide Annual Meeting on 1/26 at Top Golf in Canton where we celebrated our achievements from 2023 and recognized all of our hard-working team members who help us succeed in keeping our communities healthy and active every day.



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Hingham and North Attleboro and
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