



**NEED A
LITTLE HELP
GETTING
ACTIVE?**

**TRY
PHYSICAL
THERAPY**

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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NEED A LITTLE HELP GETTING ACTIVE THIS SUMMER?

TRY PHYSICAL THERAPY

You know that regular exercise is crucial to living a healthy lifestyle. The CDC recommends adults aim for 150 minutes of moderate activity a week—about 22 minutes a day, so you don't have to toil away in the gym for hours. But hitting those numbers can still be a challenge, especially if you struggle with persistent pain or limited mobility.

That's where physical therapy at Elliott Physical Therapy comes in. We're movement experts who understand all the impairments in your musculoskeletal system that can keep you from living the active, healthy lifestyle you crave. From pain management to maximizing your athletic performance, we'll help you meet your exercise goals.

Here are just a few of the ways we can help you get healthier. Ready to get started? Call our clinic today!

We Can Reduce Pain and Restore Mobility

Many orthopedic conditions and injuries can make regular exercise feel difficult (if not impossible). Osteoarthritis, herniated discs, tennis elbow—all can make you feel like it's easier just to sit this one out. In reality, though, all these conditions (and others) benefit from regular exercise.

Dealing with persistent pain or limited mobility? Our physical therapists offer several options for pain relief, including several manual therapy techniques, such as soft tissue manipulation, joint mobilization, or myofascial release. We use these techniques as the first step in preparing your body for regular movement.



We'll also show you targeted, tailored exercises to reduce pain in the affected area. Joint pain often stems from muscular imbalances or postural impairments that stress the impacted joint, leading to discomfort and setting you up for more serious injuries. Strength training will help reduce your pain and get you moving again.

We Can Let You Know If You're At Risk for an Injury

Did you know you don't have to wait until you're in pain to visit the team at Elliott Physical Therapy? We're in the business of preventing injuries, not just treating them—and we can help you enter into a new workout plan without fear!

Our comprehensive physical evaluations test the following:

- Muscle strength and endurance
- Overall mobility
- Biomechanics, which looks at how your body's systems work together to get you moving
- Balance and fall risk
- Posture
- Walking patterns
- Functional movements that you might perform for work, hobbies, or recreation
- During the screens, we'll look for potential impairments that might cause injuries down the line and suggest corrections to address them—before they become a problem.

For example, let's say that you want to take up running after some time away. During your assessment, we notice that you tend to bend forward at the waist when jogging. This habit means that every time your foot hits the ground, you cause more impact in your feet than necessary, which could, eventually, lead to an injury.

By catching the form mistake now—and working with our physical therapists to correct it—you lower your chances of suffering a knee injury (which could prevent you from exercising altogether).



We Can Help You Exercise with Confidence

Starting a new exercise program for the first time—or restarting one after some time away—can be deeply intimidating. You don't know which exercises you should do. You have no idea if you're performing movements correctly. You're not even sure what types of exercise you would enjoy.

Our physical therapists can help with all these concerns and more. We can suggest an exercise program that suits your abilities, interests, and goals and work with you one-on-one to guide you through any unfamiliar movements or equipment. We can also suggest movement or activity modifications if something's too difficult and offer reassurance that even small changes can have a big impact.

Our team doesn't just help beginners, either. As you progress, you may find yourself plateauing or struggling with certain aspects of your performance. Our therapists can get to the bottom of things and develop a performance improvement plan so you can see the results you're looking for.

Start the Journey to An Active Lifestyle Today!

No matter your needs, the physical therapists at Elliott Physical Therapy will help you get active in a way that works for you. Call us to schedule your initial evaluation!

Sources: <https://www.cdc.gov/physicalactivity/basics/adults/index.htm> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6509454/>

BALSAMIC GRILLED STEAK SALAD WITH PEACHES *Fire Up The Grill!*

- 1 lb. skirt steak, trimmed of fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. brown sugar
- 1 tbsp. vegetable oil
- kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil
- Juice of 1 large lemon
- 6 c. baby arugula
- 2 peaches, thinly sliced
- 1/3 c. crumbled blue cheese or feta



Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature.

Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper.

Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice.

Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper.

Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.



MAXIMIZING SUMMER FITNESS:

4 Tips from Elliott Physical Therapy

Getting active during the summer can be both fun and challenging, but by following our physical therapist's tips, you can make the most of this season.

1. Get an Assessment: Consider a comprehensive assessment by one of our skilled therapists to identify any underlying issues or areas of concern. This will help you tailor an exercise plan that suits your specific needs while minimizing the risk of injuries.



2. Warm-up and Cool Down: Remember to do proper warm-ups and cool-downs for every activity. One of our Elliott Physical Therapy experts can guide you through dynamic stretching routines that prepare your muscles for exercise and help prevent strains.



3. Stay Hydrated: Hydration is essential for your health and well-being, and your therapist can recommend simple strategies to ensure you get enough fluids to keep you energized and prevent heat-related issues.



4. Trust Your Body: Listen to your body, never ignore or push through pain. If you experience pain or discomfort, consult your physical therapist promptly to address any potential concerns.



With these expert tips, you can enjoy an active and injury-free summer!

STAFF SPOTLIGHT



Emily Clipston, PT, DPT
Clinical Manager

Emily Clipston, PT, DPT is the Clinical Manager at our Hingham clinic. She is a graduate of Hobart and William Smith Colleges in Geneva, NY where she received her Bachelor of Science in Biology. She then went on to complete her post-graduate at SUNY Upstate Medical University in Syracuse, NY where she earned her Doctorate of Physical Therapy (DPT) degree. She is a native of Cazenovia, NY although she now calls Weymouth, MA her home.

Emily has six years of professional experience in Outpatient Orthopedic PT. She specializes in the treatment of musculoskeletal injuries through a holistic approach, recognizing that each injury may have implications throughout the body's kinetic chain. She takes pride in her energetic personality and ability to connect with her patients. She creates individualized treatment plans that are unique to each patient's circumstance.

She identifies herself as a well-rounded recreationalist, and has a strong passion for fitness and exercise. She practices strength training, HIIT, running, spinning, and yoga and enjoys incorporating elements from her own fitness routine into her treatment sessions with her patients. As a member of the American Physical Therapy Association (APTA), Emily values delivering the most beneficial and evidence-based treatment and continues to stay up to date on current topics through regular attendance at continuing education courses. In her free time, she enjoys playing with her golden retriever Lola, cooking, discovering new restaurants, snowboarding, and going to the beach.

We're Hiring!

Are you ready to heat up your career with us this spring?

Now hiring physical therapists & physical therapist assistants in Dorchester, Easton, Hanover, Hingham, Milton and North Attleboro.

Dorchester

960 Morrissey Blvd
Dorchester, MA 02122
617-506-7210

Easton

566 Washington Street, Unit 1
South Easton, MA 02375
508-559-5108

Hanover

2053 Washington Street
(At Merchant's Row)
Hanover, MA 02339
781-347-3107

Hingham

225 Lincoln Street
(At Anchor Plaza)
N. Hingham, MA 02043
781-875-1913

Mansfield

300 North Main Street, Suite 101
(At Station Square)
Mansfield, MA 02048
508-639-5550

Milton

475 Adams Street
Milton, MA 02186
617-696-8141

North Attleboro

500 East Washington Street
North Attleboro, MA 02760
508-316-0559

Needham

392 Chestnut Street
Needham, MA 02492
781-675-2526