



NATIONAL

Physical
Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



SEE INSIDE FOR A DELICIOUS &
HEALTHY SUMMER RECIPE!



FIND RELIEF WITH *Aquatic Therapy*

INSIDE:

- FIND RELIEF WITH AQUATIC THERAPY
- SUCCESS STORIES
- HEALTHY RECIPE



**AQUATIC THERAPY
APPOINTMENTS ARE
AVAILABLE ASAP!
CALL US TODAY!**

WWW.NATIONALPHYSICALTHERAPY.COM



FIND RELIEF WITH *Aquatic Therapy*

Did you know that several painful conditions respond to aquatic physical therapy? At National Physical Therapy, our team of therapists uses the healing properties of water to help our patients get relief and improve their function, so they can keep doing what they love!

Stiff, achy joints that don't work as well as they used to can make it hard to do your usual activities. Aquatic therapy is an excellent solution to help with exercising regularly while reducing the strain on joints.

Our physical therapists at National Physical Therapy can guide you through an aquatic exercise program to help you alleviate your pain while improving your strength and overall fitness!

Call us today to schedule an appointment and see if aquatic therapy is right for you!

What is aquatic therapy?

Aquatic therapy is a form of physical therapy that uses the benefits of water as part of a therapeutic intervention. Exercises are performed under the direction of a licensed physical therapist trained to use the physical properties of water to assist in patient healing and exercise performance.

Your therapist will use the water's natural properties to create an exercise program that safely challenges you without provoking your pain. A physical therapist can increase the resistance of an exercise and make the movement more difficult by increasing the surface area of a person's body by adding paddles, noodles, and kickboards.

Your therapist can also manipulate the exercise intensity level by adding a current

to the water. Currents that move in the same direction as a person's body makes it easier. In contrast, turbulent flow, which moves in the opposite direction of a person's body, makes it harder to move through the water and more challenging to balance while moving forward.

Water's natural properties set the stage for a therapeutic environment. Your therapist will start with a comprehensive evaluation and a movement assessment to identify all the factors contributing to your condition. Using this information, we will develop an individualized aquatic therapy program that includes targeted mobility work, strengthening, and any other appropriate water-based techniques.

Are you suffering from back pain? Call us today!



HOW CAN AQUATIC THERAPY HELP YOU FIND RELIEF?

Aquatic therapy can combat the following conditions:

- Arthritis and other joint pains
- Weakness
- Balance and gait challenges
- Fall prevention
- Cardiovascular health
- Relaxation and stress management
- Neurological disorders like stroke, Parkinson's, and Multiple Sclerosis
- Post-operative care

Aquatic therapy can also help redistribute fluid from the injury site throughout your body, thereby reducing swelling and its effects. If you have swollen limbs, you know how difficult it is to exercise. With aquatic therapy, you will feel less pressure on your joints and experience reduced swelling, so you can perform the pain-relieving exercises your therapist prescribes with ease!

The buoyant properties of water help to support you, leading to an offloading of weight which reduces pain in the affected joints. Buoyancy makes balance and gait work safer because any fall in the water is more effortless for a therapist to deal with.

The benefits of aquatic therapy make it an effective way to implement exercise training to improve your function and help you get back to an active lifestyle.



Try This Healthy Recipe

Tomato, Mozzarella & Basil Bruschetta

INGREDIENTS:

- 1 (32-oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsp extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt & freshly ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 1/2 lbs fresh mozzarella cheese, sliced 1/4-inch thick

INSTRUCTIONS: Preheat oven to 375 degrees F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.

SALT LIFE

- There are generally two types of pools– salt water and chlorine. Our Stoughton Office boasts the only saltwater pool in a 10-mile radius!
- Salt is less harsh than chlorine, so it does not dry the skin.
- It is also easier to breathe around because salt is not irritating to the lungs, unlike chlorine. If you have any lung conditions, this is a bonus for you!

Contact us today

Contact National Physical Therapy today if you suffer from aches and pains and want to learn more about aquatic therapy. One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our aquatic therapy programs can help you find a pain-free way to exercise!



SUCCESS STORIES

"My grandmother has been coming to National Physical Therapy in Stoughton for about 2 years. Everyone at this location, from the therapists to the front desk staff, are friendly, professional, and accommodating. My grandmother does aqua therapy in their warm, salt-water pool and it has truly benefited her. She looks forward to her appointments every week. Most notably, she had never swam (or even experienced floating) before in her life. Kim and her intern at time helped my Nana challenge herself, face her fears, and do something that she never thought she could ever do! She leaves PT feeling strong, supported, and cared about. We love and appreciate National Physical Therapy!" — *Jasmine S.*



CALL THE CLINIC NEAREST YOU TO SCHEDULE AN APPOINTMENT, OR SCAN TO BOOK!

Holbrook 781-549-9574 **Fall River** 508-928-5368 **Hanover** 781-412-1471

Brockton 508-928-5117 **Stoughton** 781-412-1594 **Mansfield** 781-412-1280



SCAN ME

HAS YOUR PAIN COME BACK?

- 1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.
- 3 Call National Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

MONTHLY EXERCISE

HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.



Choose PT. Choose National Physical Therapy.