



NATIONAL

Physical  
Therapy

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



SEE INSIDE FOR A QUICK &  
HEALTHY LUNCH RECIPE



## HOW PHYSICAL THERAPY CAN HELP YOU

*Get  
Healthier!*

### INSIDE:

- BE YOUR HEALTHIEST SELF WITH NATIONAL PT!
- SUCCESS STORIES
- HEALTHY RECIPE

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## HOW PHYSICAL THERAPY CAN HELP YOU *Get Healthier!*

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At National Physical Therapy, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle

disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact National Physical Therapy today to find out more about how our services can help you live a healthier, stronger, and more active life!

### **What Does it Mean to be Healthier?**

Health is defined as the state of being free from illness or injury. It essentially

means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.

*Are you suffering from a sports injury? Call us today!*

# BE YOUR HEALTHIEST SELF WITH NATIONAL PT!

- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
- 4. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- 5. Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.
- 6. Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.
- 7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

## How Physical Therapy Can Help You

Our physical therapists evaluate and treat abnormal physical function related to an injury,



## Try This Healthy Recipe

### Minted Couscous Salad

#### INGREDIENTS:

- 1 cup dry couscous
- 1 cup jarred roasted red peppers
- 2 tbsp olive oil
- Juice from 1/2 lemon
- 1 tomato, seeded and diced
- 1 English cucumber, diced
- 1/2 cup mint (or flat-leaf parsley)
- Salt and pepper

**INSTRUCTIONS:** Cook the couscous according to package directions. Fluff with fork. Meanwhile, dice roasted red peppers and add diced tomato and cucumber to a bowl. Add lemon juice and olive oil and stir to combine. Finely chop mint (or parsley) and add to bowl, along with the cooked couscous, and toss to combine. Season with salt and pepper to taste. Enjoy!

disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

**Contact Our Clinic Today To Make An Appointment**

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at National Physical Therapy would love to help you live the highest quality of life possible. Contact us today to begin your new chapter toward becoming a healthier you!

**Sources:**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>  
<https://academic.oup.com/ptj/article/95/10/1433/2686492>



*Scan to book your appointment!*

# SUCCESS STORIES

"I am thankful to the team especially Katherine and Brian. Therapists at this facility worked really hard on me. The environment is happy and friendly. They really helped a lot in achieving my goals faster than expected. My PTA Brian keeps a close watch on my session and do progression of exercises whenever required. He understands the amount of exercise/rest I can take it and plan accordingly. They make exercises as fun activities too." — C. S.

## TELL US HOW WE DID!

*Help us reach more people in our community by leaving us a review for your treatment location! Thank you for your support!*



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

<b>Holbrook</b> 781-549-9574	<b>Fall River</b> 508-928-5368	<b>Hanover</b> 781-412-1471
<b>Brockton</b> 508-928-5117	<b>Stoughton</b> 781-412-1594	<b>Mansfield</b> 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

### Core Kickouts

1 Set | 2 Reps | 2 Seconds Hold

Start by lying on your back with your knees bent to 90-degrees and your feet on the floor. Slowly kick one leg straight out and then bring it back in. Repeat on the other side. Make sure to keep your abdominals braced. Repeat 3 sets, 10 reps each.



**Choose PT. Choose National Physical Therapy.**