



NATIONAL
Physical
Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



SEE INSIDE FOR A HEALTHY
SPIN ON A FAVORITE TREAT!



HOW PHYSICAL THERAPY CAN HELP YOU

Strengthen Your Core!

INSIDE:

- IMPROVE YOUR CORE STRENGTH WITH NATIONAL PT!
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PHYSICAL THERAPY CAN HELP YOU *Strengthen Your Core!*



Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At National Physical Therapy, our physical therapist can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

Contact National Physical Therapy

today to figure out how we can help you strengthen your core muscles and improve your overall health.

What Are The Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and

helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

How Physical Therapy Can Help Strengthen Your Core

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

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

IMPROVE YOUR CORE STRENGTH WITH NATIONAL PT!

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

What To Expect In Physical Therapy

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.



Try This Healthy Recipe

Chocolate Shamrock Shake

INGREDIENTS:

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- sweetener of choice, (as desired)
- chocolate chips, (optional)

INSTRUCTIONS:

Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!



Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

Contact Us Today To Schedule An Appointment

At National Physical Therapy, our physical therapists are here to help you improve your function and relieve your pain.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!



Scan to book your appointment!

SUCCESS STORIES

“Mark is great. He takes the time to evaluate you and works on what you need to help with injuries. He takes the time to explain what each motion he has you do and why it helps. I don’t think a lot of places do that. Would definitely recommend to anyone who needs P.T.” — **S. E.**

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!

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

MONTHLY EXERCISE

Cat/Cow Stretch

1 Sets | 1 Reps | 2 Minute Hold

Begin on all fours. Place your hands below your shoulders and your knees below your hips. Arch your back towards the sky and bring your face towards your chest. Return to starting position. Now arch your back toward the ground and raise your face toward the sky. Alternate and repeat as directed by your provider.



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.



Choose PT. Choose National Physical Therapy.