

BOOK NOW!



NEED A LITTLE HELP GETTING ACTIVE? TRY PT

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 National 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 National 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!

*Are you suffering from a sports injury?
Aches and pains? Contact us today for relief!*

nationalphysicaltherapy.com



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 National Physical Therapy will help you get active in a way that works for you. **Call us to schedule your initial consultation!**

BOOK NOW!

Get Back to Enjoying Your Daily Life

HEALTHY RECIPE

AVOCADO COCONUT POPS

- 2 tbsp sugar
- 1 cup canned unsweetened coconut milk
- 2 ripe avocados, pitted and peeled
- 2 tsp vanilla extract

In a blender, pulse the sugar and coconut milk until sugar is dissolved. Add the avocados, vanilla, 3 tbsp water, and a pinch of salt. Purée until smooth. Divide mixture among 6 ice pop molds and insert sticks. Freeze until solid. Enjoy!



EXERCISE ESSENTIALS

DECOMPRESSION EXERCISE

Lie down flat on your back with your knees bent, feet flat, palms up, and neck relaxed. Your chin should be pointing straight up. If the chin is pointing too far up and back, place a pillow or towel roll under the head to tilt the chin to neutral. If the chin is pointing too far toward the chest, place a towel roll under the neck to tilt the chin up to neutral. Relax in this position for 3 minutes



Always consult your physical therapist before starting new exercises.

 PT WIRED
www.ptwired.com

Don't live with pain. Contact us today for relief!

nationalphysicaltherapy.com

6 DIET TIPS FOR SUMMER

1. Swap out snacks for fruits and vegetables

Every day, it is recommended that you consume at least 5 portions of a variety of fruits and vegetables. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. Replace steak with fish

Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.

3. Lessen your saturated fat intake

Did you know that too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease?

Examples of food rich in saturated fat include:

- fatty cuts of meat
- cream
- sausages
- cakes
- butter
- biscuits
- hard cheeses

4. Cut down on sugary drinks

With the hot weather, it can be almost instinctive to reach for a cold soda out of the cooler. However, drinks high in sugar content can contribute to obesity and tooth decay. Try opting for a cool refreshing glass of water instead, or a tasty fruit smoothie!

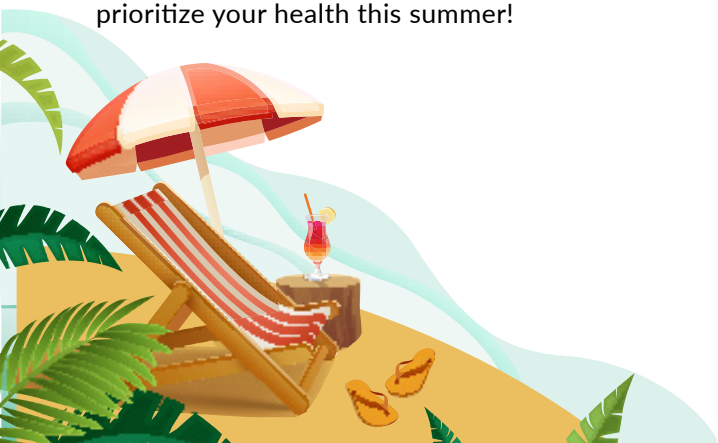
5. Make sure you're drinking enough water

Proper hydration is always important, but it becomes even more so during those hot summer months. It's recommended that you drink around 6 to 8 glasses of water a day.

6. Don't forget breakfast

A healthy breakfast should be a part of your daily routine. Eating breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate this season and prioritize your health this summer!



SUCCESS STORY

"I went to National Physical Therapy with a lot of pain in my neck and I was placed with a wonderful young lady named Sarah. Sarah was very patient, caring, and very knowledgeable about my condition. She helped me out a lot and when I left I had so much mobility in my neck and I still use exercises that she taught me during therapy. If you are looking for physical therapy look no further you won't be disappointed."

— Sarah M.



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!

★ REVIEW US!



COME BACK TO PT!

CALL THE CLINIC NEAREST YOU
TO SCHEDULE AN APPOINTMENT

OR CLICK TO BOOK!

BOOK NOW!

Holbrook
781-549-9574
Brockton
508-928-5117
Fall River
508-928-5368

Stoughton
781-412-1594
Hanover
781-412-1471
Mansfield
781-412-1280

Don't live with pain. Contact us today for relief!

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