

**Stop Living
With Pain!**

**Call Us To Schedule Your
Appointment Today!**



**THE IMPORTANCE OF
PHYSICAL THERAPY
EVEN IN THE SUMMER MONTHS!**

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THE IMPORTANCE OF PHYSICAL THERAPY *EVEN IN THE SUMMER MONTHS!*

With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months.

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At Soleil Physical Therapy, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact Soleil Physical Therapy today.

I'M HAVING TROUBLE FINDING TIME FOR PHYSICAL THERAPY – WHAT SHOULD I DO?

As the saying goes, "where there's a will, there's a way." If you are looking to keep your physical therapy sessions as

part of your routine, we can find a way to help you fit that into your busy schedule.

One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!



PHYSICAL THERAPY IS STILL ESSENTIAL, NO MATTER THE TIME OF YEAR

Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for

our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!

GET STARTED TODAY

Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need! Contact Soleil Physical Therapy today to schedule an appointment.

Is your daily life being limited by pain?
We Can help! Call us today and get back to doing the things you love.

**(617) 376-3232 (Soleil PT) or
(617) 541-0772 (Quantum)**

致電617-376-3232, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!

Has Your Pain Returned? Call For Your Appointment Today!

Patient Success Spotlight



"My physical therapist is David, and he is super nice, patient, and helpful. His instructions are clear and easy to follow. He truly works with you to make sure that you are healing the way you need. I took six pills of ibuprofen every day and still had 6/10 neck pain 1-2 weeks ago. The exercises he taught me are super helpful for my neck pain. My neck pain decreased significantly after three weeks' physiotherapy and practice. I highly recommend this facility and the staff!"

— Maggie M.

5 TIPS FOR A HEALTHY SUMMER!

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

1. Drink green tea instead of sweet tea.

Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.

2. Serve seafood. Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.

3. Don't skip breakfast. When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.

4. Enjoy summer fruits and veggies. It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.

5. Snack at work. Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.

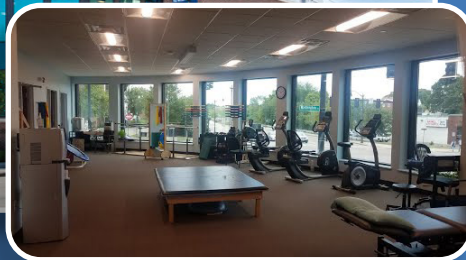
Exercise Essentials Help Build Lower Body Strength



LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

We've Moved!



Come visit us at our NEW office, located at:
111 Washington St. Ste 101
Quincy, MA 02169



www.soleilpt.com

(617) 376-3232 (Soleil PT) or (617) 541-0772 (Quantum)

