

***Stop Living  
With Pain!***

**Call Us To Schedule Your  
Appointment Today**



**YOU CAN LIVE  
A HAPPIER AND  
HEALTHIER LIFE**

***WITH PHYSICAL THERAPY!***

**ALSO INSIDE:**

5 Health Tips For the Holiday Season • Patient Success Spotlight  
Healthy Holiday Recipe: No-Bake Choco-Peppermint Protein Balls



## YOU CAN LIVE A HAPPIER AND HEALTHIER LIFE WITH PHYSICAL THERAPY!

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially for those suffering from chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of health and fitness, all while reducing your pain. If you are looking for a healthier, stronger, and more active lifestyle, contact Soleil Physical Therapy today!

### GETTING ON TRACK WITH PHYSICAL THERAPY

The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints simply aren't what they used to be, and you are looking for relief? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health.

A physical therapist is a movement

specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-home exercises, patients strengthen their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

### PHYSICAL THERAPY TREATMENTS ARE CATERED TOWARD YOUR NEEDS AND GOALS!

Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound.

An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility,

balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.

### ASPIRE TOWARD A HAPPIER AND HEALTHIER LIFE TODAY

Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.) Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain. Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others unfortunately give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.

Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further — Soleil Physical Therapy is here to help. **Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!**

Sources:

[http://www.apta.org/uploadedFiles/APTAorg/About\\_Us/Policies/Practice/PTRoleAdvocacy.pdf](http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Practice/PTRoleAdvocacy.pdf)

<http://www.apta.org/Media/Releases/Consumer/2013/12/5/>

## Patient Success Spotlight



*"I came to Dave Pacani at Soleil PT for a horrendous case of Thoracic Outlet Syndrome in my arm. For the past few years, I haven't been able to do much without a ton of pain. I've tried many forms of rehab, like traditional PT, acupuncture, massage therapy, doctors etc and was never able to find relief. Dave*

*is outstanding and has gotten me back to my pre-thoracic outlet days. I am fully back in the gym and have eliminated all symptoms, thanks to Dave. Soleil PT is comprehensive, very clean, very thorough and an outstanding place. I have mentioned the work they have done for me many times to friends and colleagues that are seeking PT. You will not be disappointed!"*

— J.A.

## Exercise Essentials

*Good stretch to relax your whole body, especially if you sit at a computer all day.*

EXERCISES COPYRIGHT OF  
SimpleSet Pro  
WWW.SIMPLESET.NET



### PRAYER STRETCH

*While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.*

**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!**

# 5 Health Tips For the Holiday Season

## Learn How To Maintain Your Diet This Season

### 1. SHOP WELL FOR YOURSELF

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

### 2. SCHEDULE YOUR EXERCISE

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

### 3. JUST SAY NO

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party

there and it all adds up. Just think twice before you take that food and decide if you really want it.

### 4. SKIP THE BAKING

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars--let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

### 5. HYDRATE

Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



## HEALTHY HOLIDAY RECIPE

### NO-BAKE CHOCO-PEPPERMINT PROTEIN BALLS



- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use SunButter or nut-free)
- 1/4 cup unflavored pea protein powder

- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy-free chocolate chips (optional)

Put everything except the candy cane or cacao nibs, chocolate chips, and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well-mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow batter to chill in the fridge while you clean up, then roll into balls.

Recipe: <https://www.veggiedontbite.com/no-bake-chocolate-peppermint-protein-balls>

Happy  
Holidays

— and a —  
JOYFUL NEW YEAR

from all of us at

 **Soleil**  
Physical Therapy & Wellness Inc.

**QUANTUM**  
PHYSICAL THERAPY

[www.soleilpt.com](http://www.soleilpt.com)

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