

**Stop Living
With Pain!**

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



**PHYSICAL THERAPY CAN HELP YOU
STRENGTHEN
YOUR CORE**

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Are You Keeping Up With Your Resolutions? • Another 5-Star Review!
Healthy Recipe: Zucchini Noodle "Pasta" Salad



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 Soleil 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 Soleil 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.

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.

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

Sources:

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6110226/>

https://journals.lww.com/nsca-jscr/fulltext/2013/06000/systematic_review_of_core_muscle_activity_during.29.aspx

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



Another 5-Star Review!



"Dave and Ron are miracle workers. In a month, I'm able to bend my neck more, my limbs are not stiff, and most importantly my headaches have decreased a lot. I highly recommend seeing them for your physical therapy needs."

— Wayne D.

Leaving a review on Google helps us help more people in the community!



SOLEIL PT



QUANTUM PT

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Has Your Pain Returned? Call For Your Appointment Today!

Are You Keeping Up With Your Resolutions?

New Year's Eve has come and gone, but how many resolutions have stayed intact? According to a study conducted by Strava, a social network for athletes, the majority of people give up on their resolutions by January 12 – not even two weeks after beginning them!

So, why does this fate exist for so many people? Tied at the top for number one, the two most common resolutions across the United States are to eat healthier and get more exercise. These resolutions can be difficult to keep up with for a number of reasons, especially if they require significant lifestyle changes. Some of the most commonly reported reasons for ditching resolutions include:

- Getting injured early on
- Lack of time
- Improper exercises, leading to pain or injury
- Lack of motivation

While these are all valid reasons, they are also entirely avoidable. Below you'll find some helpful tips for keeping up with your resolutions — or starting them up again, if you've strayed away!

- **Designating time.** No matter what your resolution may be, there is always a way to fit it into your busy schedule. Let's say you want to train for a triathlon or you simply want to fit more gym time into your week. It's difficult when you have a million things going on at once — you have to work, make meals, pick up the kids from school... Where can you find the time? Even if you take a half hour out of your day between driving the kids around or beginning your commute to work, you can still make a significant amount of progress by the end of the year.
- **Taking care of pain at the start.** One of the biggest mistakes people make is waiting too long to treat their pain. If you've started a new workout regimen and your legs feel achy the day after you begin, it would be in your best interest to rest and get them looked at if the pain persists. Many people try to push through the pain, increasing their likelihood of sustaining an injury that'll take a good amount of time to heal — and therefore giving up on their goal altogether.
- **Seeking help.** Sometimes, getting started on a new goal (and sticking to it!) can pose challenges. At Soleil Physical Therapy, we can help set you up with a plan for sticking to your resolutions. We can provide exercise tips with proper techniques, as well as nutritional tips for reaching your optimum levels of health and physical activity. **For help with your resolutions, contact us today!**

HEALTHY RECIPE

ZUCCHINI NOODLE "PASTA" SALAD



- 5 tbsp extra-virgin olive oil
- 3 tbsp red-wine vinegar
- 2 tbsp chopped fresh oregano
- 2 tsp Dijon mustard
- ¼ tsp crushed red pepper
- 1 small shallot, chopped
- 1 clove garlic, grated
- 16 ounces spiralized zucchini noodles
- 3 cups halved cherry tomatoes
- ½ cup pitted Kalamata olives
- ¾ cup shaved Parmesan cheese, divided

Whisk oil, vinegar, oregano, mustard, crushed red pepper, shallot and garlic in a large bowl. Add zucchini noodles, tomatoes, olives and half the Parmesan; toss gently to coat. Divide evenly among 4 bowls; sprinkle with the remaining Parmesan.

FEEL LIKE YOURSELF AGAIN!

IMPROVING PERFORMANCE WITH REHABILITATION

As a premier Boston health care facility, Soleil Physical Therapy & Wellness Inc. and Quantum Physical Therapy are dedicated to improving the lives of our community residents.

MORE THAN A PT CLINIC

We work to create a fully integrated strategy for your long-term fitness and health goals. Whether you are a seasoned athlete dealing with an injury, are recovering from orthopedic surgery, or recovering from an injury, we have the hands-on training and experience you want at your side.

STRATEGIC TREATMENT PLANS

Making fitness gains and increasing strength takes a good strategy and a lot of hard work. On your behalf, we create tailored treatment and fitness plans in accordance with your physician's orders and stated goals.

Call today to schedule an appointment!



www.soleilpt.com

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