

**Stop Living
With Pain!**

Call Us To Schedule Your
Appointment Today!



**TIPS TO ALLEVIATE YOUR PAIN &
IMPROVE YOUR
SPINE HEALTH**

ALSO INSIDE: Is Your Digital Lifestyle Affecting Your Posture?
Patient Success Story • Staff Spotlight



TIPS TO ALLEVIATE YOUR PAIN AND IMPROVE YOUR SPINE HEALTH

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At Soleil Physical Therapy, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body — it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health — but spine health is also essential. At Soleil Physical Therapy, our therapist can help you resolve your pain and get your spine healthy again!

THE IMPORTANCE OF GOOD SPINE HEALTH

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

OUR SPECIALITIES

MANUAL THERAPY

ACUPUNCTURE

THERAPEUTIC EXERCISE

KINESIO TAPING

ELECTRICAL
STIMULATION

ULTRASOUND

IASTM

ERGONOMIC TRAINING

MYOFASCIAL RELEASE

VESTIBULAR REHAB

NEUROMUSCULAR RE-
EDUCATION

ACTIVE RELEASE
TECHNIQUE

SPINAL & EXTREMITY
MANIPULATION

THERAPEUTIC MASSAGE

MUSCLE ENERGY
TECHNIQUE

DYNAMIC STRETCHING

DRY NEEDLING

CUPPING

TRACTION

WE
NEED
YOUR
HELP!



HOW PHYSICAL THERAPY CAN IMPROVE THE HEALTH OF YOUR SPINE

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY VISITS

Your body is meant to move — this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program. Our supervised programs will likely include:

- Postural education and instructions for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility

- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

Healthy lifestyle choices are also crucial for a healthy spine. The following are all examples of healthy changes and habits you can do in your life to improve your spine health:

- Proper nutrition
- Proper sleep
- Giving up cigarettes and limiting alcohol consumption
- Participating in meditation or other stress-reducing activities

Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine — whatever you do, it is always important to take care of it now so it will be there for you later!

CALL TODAY FOR AN APPOINTMENT

If you have been living with back pain, or you'd like to avoid potential back pain, contact Soleil Physical Therapy today. Don't live with the limits of back pain — improve your spine health with us.

Sources:
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SOLEIL PT



QUANTUM PT

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!

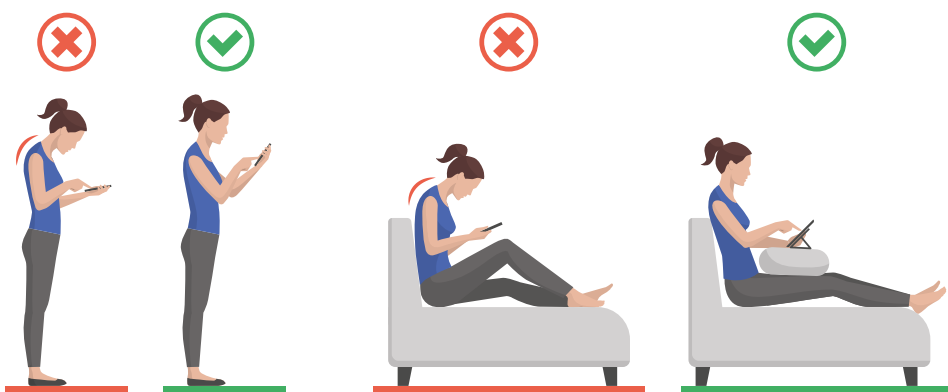
Is Your Digital Lifestyle Affecting Your Posture?

Poor posture is something we normally do not think of as a contributor to neck and back pain. However, in our era of constantly being on smart phones, tablets, and computers, we often put our necks and backs in positions of prolonged stress. Over time, this contributes to increased stress to our vertebrae, disc and muscles supporting the spine.

'Text Neck' is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Of course, this posture of bending your neck to look down does not occur only when texting. For years, we've

all looked down to read. The problem with texting is that it adds one more activity that causes us to look down — and people tend to do it for much longer periods. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.

We often see patients who have suffered from back and neck pain for years who could have been treated very easily when the pain started with simple postural corrections and stretches. If you have been suffering from back or neck pain, come see one of our therapists for an assessment of what is contributing to your pain.



Patient Success Story



"Ron was great and addressed my ever-changing needs at each visit."

"I am 100% satisfied with the physical therapy that I received at Soleil PT & Wellness. The office staff were fantastic and really worked to accommodate my busy work schedule. Ron was great and addressed my ever-changing needs at each visit. The evaluations by Dave were honest and helped develop my treatment plan. Even after my last re-evaluation, I was able to submit paperwork to Dave so that I can obtain a PT device for home use. I highly recommend Soleil PT in Quincy, MA."

— Peter L.

STAFF SPOTLIGHT: QUI TRINH, DPT

Qui Trinh received his Doctorate in Physical Therapy (DPT) in 2022 from Mass General Hospital Institute of Health Professions. He is a Certified Strength and Condition Specialist (CSCS) by the NSCA and works as a personal trainer at his local gym. He enjoys educating patients on their conditions and how to promote a healthier lifestyle. In the future, Qui hopes to further his education in manual therapy, dry needling, and obtain his Orthopedic Clinical Specialty (OCS). While not at Soleil, Qui participates in volleyball leagues and helps young athletes improve their jump performance at his local gym.



Has Your Pain Returned?

Call today to schedule an appointment!



www.soleilpt.com

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