

***Stop Living
With Pain!***

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



**STRENGTH TRAINING
HELPS YOU RECOVER FROM AND
PREVENT FUTURE
INJURIES**

ALSO INSIDE:

New Clinic
Owner!

Home
Exercise for
Strong Glutes

Healthy Recipe:
Green Frittata



STRENGTH TRAINING HELPS YOU RECOVER FROM AND PREVENT FUTURE INJURIES

Are you dealing with an old injury? Do you find it difficult to get active or are worried you will hurt yourself if you try? At Soleil Physical Therapy, we can help you resolve old injuries and teach you strengthening strategies to achieve your goals!

Most people want to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish due to pain, injuries, or poor lifestyle habits. Pain increases stress to the body; fortunately, strength training can help ease your discomfort while simultaneously improving your function and reducing the risk of future injuries.

Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the proper knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle.

Call Soleil Physical Therapy today to learn more and start a new chapter on a healthier you!

THE BENEFITS OF STRENGTH TRAINING

The body's muscles play an essential role in your health and well-being. Your muscles not only help you move, but they help reduce your risk of injury and support your joints to ensure you stay active.

A stronger you means a healthier you. Relieving joint or muscle pain, improving your balance and

coordination, resolving injuries, and preventing future injuries are integral parts of our specialized physical therapy treatments.

Strength training helps build muscle, reduce pain, improve mobility and overall function, and is typically used throughout the rehabilitation process. Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

HOW STRENGTH TRAINING MAKES YOU HEALTHIER

Strength training is an integral part of rehabilitation and reaching your peak physical potential, but there are other health benefits, including the following:

- **Improved strength:** This is obvious, but improved strength allows you to perform daily tasks much more manageably, such as carrying heavy groceries or recreational activities and sports.
- **Maintain a healthy weight:** Strength training helps burn calories efficiently, reducing total body fat. This, in turn, helps reduce the risk of chronic diseases like heart disease, cancer, diabetes, and orthopedic conditions like osteoarthritis.
- **Decreased risk of falls:** Multiple studies have demonstrated the benefits of strength training for reducing your risk of falls by improving your balance, coordination and response to

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

losing your balance. In addition, if you fall, you are less susceptible to serious injuries.

- **Reduces your risk of injury:** Strength helps improve joint range of motion and mobility of your muscles, ligaments, and tendons. This provides additional protection against damage.

What's more, strength training can help correct muscular imbalances and take the load off of your body, decreasing your risk of injuries. Research has shown that strength training can reduce the risk of injury by up to 30%.

- **Improved heart health:** Multiple studies have shown that regular strength-training decreases blood pressure, lowers cholesterol (i.e., total and LDL levels), and improves blood circulation.
- **Helps manage your blood sugar levels:** Strength training may also reduce your risk of developing diabetes by helping reduce and maintain blood sugar levels.
- **Improved mobility and flexibility:** Weaker muscles tend to have less range of motion. Strength training increases joint range of motion allowing for greater mobility and flexibility.
- **Improved bone strength:** Strength training is crucial for bone development by putting temporary stress on your bones, resulting in improved bone strength. Strong bones reduce your risk of osteoporosis, fractures, and falls, especially as you age.

- **Improves brain health:** Those who engage in strength training may have better brain

health and protection against age-related cognitive decline.

- **Promotes improved joint health:** Strength training significantly improves joint pain and functioning during rehabilitation and preventative strategies.

Strength training provides many health benefits, including lowering the risk of chronic disease, improving overall function, and reducing the risk of injury and falls. Furthermore, anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY APPOINTMENTS

At Soleil Physical Therapy, our strength training programs will get you back to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Strength training is an essential part of reaching your peak physical potential, and our team can guide you through the most effective exercises to achieve your goals!

CALL TO SCHEDULE AN APPOINTMENT

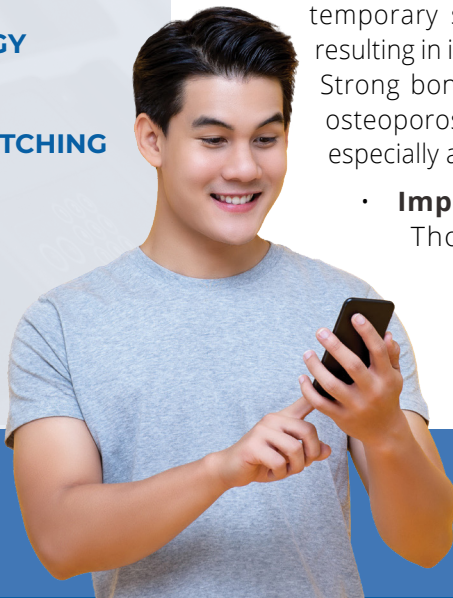
Don't let any long-term problems get in the way of enjoying your life! Call Soleil Physical Therapy for an appointment today!

Sources: <https://pubmed.ncbi.nlm.nih.gov/32564299/>; <https://pubmed.ncbi.nlm.nih.gov/30703272/>; <https://pubmed.ncbi.nlm.nih.gov/29372481/>; <https://pubmed.ncbi.nlm.nih.gov/30131332/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5161704/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609666/>; <https://www.ncbi.nlm.nih.gov/books/NBK499863/>

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WE NEED
YOUR
HELP!



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Has Your Pain Returned? Call For Your Appointment Today!



**STAFF
SPOTLIGHT**
**RON
MACIEL**
BS, PTA

**WE ARE EXCITED TO
ANNOUNCE RON AS OUR**

New Clinic Owner!

Ron has been with Soleil Physical Therapy and Wellness for 12 years with over 25 years of experience as a Physical Therapist Assistant. His experience includes post-surgical orthopedic, acute, sub-acute, chronic and neurological conditions. Ron is a former owner of a private physical therapy outpatient clinic and has several years of experience as a manager of outpatient clinics and Skilled Nursing Facility (SNF) Rehabilitation manager. Ron is a former competitive power lifter, baseball and football coach and trainer for a semi-professional soccer team. When Ron is not working he enjoys spending time with his wife and two daughters, gardening and fishing.

Exercise Essentials

Strengthen your glutes.

STANDING WAITER'S BOW WITH WEIGHTS

Start by standing up straight with your arms hanging by your sides and a dumbbell in one hand. Place your other hand on your lower back to monitor your muscle activation. Slowly hinge forward at your hips keeping your back flat until you are at the point where your back will round if you go any further. Allow your weighted arm to hang forward as you hinge. Slowly hinge back up. 3 sets, 10 reps, hold.



PT WIRED
www.ptwired.com

Not all exercises are appropriate for every person. Please consult with your physical therapist before starting.



Healthy Recipe!

GREEN FRITTATA

- 2 eggs, lightly beaten
- 4 egg whites
- 2 tbsp fat-free milk
- 1 tsp snipped fresh chives
- 1/8 tsp black pepper
- 1/4 cup shredded Parmesan cheese
- 2 tsp olive oil
- 1/2 cup 1/2-inch pieces asparagus
- 1/4 cup sliced green onions
- 1/2 cup chopped spinach leaves
- 1 clove garlic, minced
- 1 small roma tomato, chopped

Preheat the broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese. In an 8-inch nonstick broiler-proof skillet heat oil over medium. Add asparagus and green onions; cook and stir for 2 minutes. Add spinach and garlic; cook for 30 seconds. Pour the egg mixture into the skillet; reduce heat to low. Cook covered for 10 to 12 minutes. Sprinkle with the remaining 2 tablespoons of cheese. Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until the top is set and the cheese is melted. Top with tomato.

Need a Spring Tune Up?

Call today to schedule
an appointment!

(617) 644-4522



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