



How Physical Therapy HELPS PREVENT INJURIES



Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Soleil Physical Therapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Soleil Physical Therapy, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

How to Tell Injury from Normal Aches and Pains

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately,

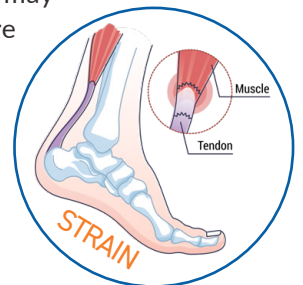
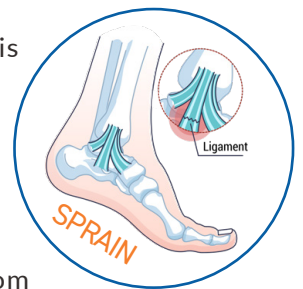
physical therapists are trained in identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.



7 Easy Ways To Prevent Injuries On Your Own

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. **Sleep** is the most effective strategy with the most significant effect on injury prevention and sports enhancement... 8-10 hours per night.
2. **Strength training** is one of the most effective injury prevention strategies to help stay injury-free.
3. **Dynamic warm-ups** (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. **Nutrition** is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. **Hydration** is essential for recovery and injury prevention.
6. **Stay within your abilities.** It is vital to train and practice any physical activity by starting small and building up from there.
7. **Use the proper equipment.** Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

Sources: <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1600-0838.2009.01058.x>; <https://bjsm.bmj.com/content/52/24/1557.abstract>; <https://pubmed.ncbi.nlm.nih.gov/29352373/>; https://journals.lww.com/acsm-csmr/Abstract/2021/06000/Sleep_and_Injury_Risk.3.aspx?context=FeaturedArticles&collectionId=1

WATCH THE WORLD'S GREATEST STRETCH VIDEO

Watch Dave demonstrate the World's Greatest stretch to help in the prevention of injuries.

Click to watch Dave's video!



What to Expect in Physical Therapy

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

Contact Us Today

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Soleil Physical Therapy today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!



Click to Schedule an Appointment Today!

致電617-644-4522, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!



Dave Bacani
PT, DPT, MSPT, MTC, Cert.
DN Clinical Director

Dave serves as the Clinical Director of Physical Therapy at Soleil Physical Therapy and Wellness at Quincy Center and our sister clinic Quantum Physical Therapy in Boston. Dave received his Doctorate of

Physical Therapy (DPT) with a focus on musculoskeletal disorders from the Evidence in Motion Institute of Health Professions (EIM) in 2018. Dave received his Bachelor in Health Sciences in 1999 and Master of Science in Physical Therapy in 2001 from Boston University College of Health and Rehabilitation Services: Sargent College. Dave is also a Certified Manual Therapist (MTC). Dave is certified in Dry Needling (Cert. DN) and received extensive training in spinal manipulation through the Spinal Manipulation Institute of the American Academy of Manipulative Therapy. Dave also received his certification (STMT-1) in Instrument Assisted Soft Tissue Mobilization (IASTM). Dave is a member of the American Physical Therapy Association (APTA) and the APTA's Orthopaedic Section. Dave believes in utilizing an eclectic approach to physical therapy within an evidence-based framework. Dave emphasizes using the biopsychosocial model in the treatment of chronic pain,

promoting active treatment while incorporating various forms of neuromuscular and myofascial tissue manipulation including Active Release Technique (ART), IASTM, Dry Needling and Electric Dry Needling and kinesiology taping when appropriate.

Dave is a health and fitness enthusiast with an interest in the treatment of Diabetes and weight management. He enjoys many outdoor activities including snowboarding, stand-up paddleboarding, hiking, fishing, and mountain biking. He is an avid Mixed Martial Arts fan and travel enthusiast. Dave also has a passion for languages and can evaluate and treat in Spanish.

STAFF SPOTLIGHT

SUCCESS STORY

“Amazing, attentive staff who take their time assessing and caring for each patient. Dave & Qui are rockstars. 10/10. If you are on the South Shore and need any kind of PT, this is the place!!!!” – Fallon M.

致電 617-644-4522, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



Call today to schedule an appointment!

(617) 644-4522



soleilpt.com

**111 Washington St. Suite 101,
Quincy, MA 02169**

Therapy Hours:

**Monday - Friday: 8 AM - 7 PM
Saturday: 8 AM - 4 PM**