



connections
PHYSICAL THERAPY

NEWSLETTER

7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE

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7 WAYS YOU CAN BECOME HEALTHIER, STRONGER AND MORE ACTIVE



It is a common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Connections Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your Health And You

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily

mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Increasing Your Strength And Flexibility

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

CALL TODAY TO FEEL NORMAL AGAIN!



7 TIPS YOU CAN DO ON YOUR OWN

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. **Some tips you can do on your own to become healthier, stronger, and more active include:**

1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact Connections Physical Therapy for professional help.

2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

4. Maintaining a nutritious diet and controlling portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

Contact Connections Physical Therapy today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at Connections Physical Therapy would love to help you live your highest quality of life. Contact us today to begin your new chapter toward becoming a healthier you!

EXERCISE ESSENTIALS

GOBLET SQUATS

Squats are an essential in our everyday lives. From picking up something off the floor, to lifting heavy objects, to even engaging with toddlers at their own level. It's nearly impossible to avoid squatting, so it's important to do it well. The goblet squat is a great beginners squat that can then be progressed as needed.



Start with your feet hip width apart, toes pointed forwards, standing in front of a bench or a chair. Hold a weight in front of you as shown below so your resistance is at your chest. Squat down to the surface you are standing in front of by bending your hips and knees, almost as if you are going to sit back. Your chest and resistance should be coming down towards your knees, rather than staying fully upright. Tap the surface and then drive back up to standing by squeezing your glutes.

WE'RE STAYING SAFE!

The staff at Connections Physical Therapy is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we are taking these precautions:



ONE PATIENT TO ONE THERAPIST ONLY IN THE CLINIC

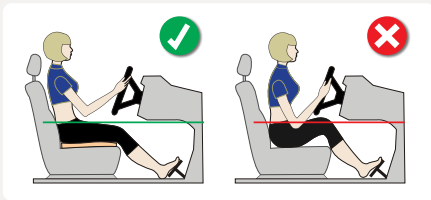


NO DOUBLE BOOKING OR PATIENT OVERLAP



THERAPISTS PROVIDED TIME TO CLEAN ALL SURFACES AND EQUIPMENT BETWEEN PATIENTS.

PROPER DRIVING POSTURE



Try this if you're experiencing pain from poor posture behind the wheel. When travelling, be sure to adjust your driver seat to ensure that your hips are just above your knees. This not only allows for better blood circulation, but can ease the strain on your lower back.

HEALTHY RECIPE

TRAIL MIX

INGREDIENTS:

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips
- sea salt for taste

DIRECTIONS:

Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.



STAFF SPOTLIGHT



JAYLYNN GRIFFIN PT, DPT

Jaylynn graduated from MGH Institute of Health Professions with her Doctorate of Physical Therapy in 2008. After she graduated, she found her passion working in outpatient orthopedic settings and has spent her whole career specializing in orthopedic and sports rehabilitation. Before joining Connections in 2019 at our Harvard clinic, Jaylynn was a clinical director of a practice in Leominster. She specializes in post-operative rehab, TMJ, and return to sport physical therapy.

Outside of work, Jaylynn spends a lot of time with her family. Her husband is a speech therapist and she has two elementary aged children. She volunteers for her daughter's girl scout troop where they hike, work on badges and sell cookies. Her hobbies include walking/hiking, reading historical fiction, crafting, cooking/baking and taking her kids wherever they need to go.

Jaylynn said, "I consider myself a well rounded orthopedic generalist, however I very much enjoy treating the neck, shoulder, knee, headaches, TMJ, and incorporating Graston Technique, manual therapy and dry needling. In establishing a patient's treatment plan I take into account the whole individual, their lifestyle, their goals and tailor it to them, there is no cookie cutter treatment plan for a diagnosis."

STAFF SPOTLIGHT



EVAN MILLS PT, DPT

Evan graduated from UMass Lowell with a BS in Exercise Physiology and continued his education at UMass Lowell receiving his Doctorate of Physical Therapy in 2018. Since then, Evan has specialized in orthopedic and sports physical therapy and has experience working in both private practice and hospital based clinics. His interests include treating "return to sport ankles and shoulders." Evan uses a combination of manual therapy treatment and progressive strengthening to maximize each session for his patients. Outside of the clinic, he enjoys spending time with his family and friends, hiking, playing Dek Hockey as well as playing video games and reading.



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