



connections
PHYSICAL THERAPY

NEWSLETTER

GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY



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GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY



Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy at Connections Physical Therapy can help.

October is National Physical Therapy Month. Connections Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Request an appointment with Connections Physical Therapy today, so we can help you get back to the life you deserve!

Why Should I Choose Physical Therapy?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. ***Some of the impairments your physical therapist can help you correct include:***

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment

Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).



**Our Goal Is To Help
You Reach Yours!**

Scan the QR Code to visit
our website and schedule
your appointment!

COME BACK IN FOR PT!

connectionspt.com

Benefits of Physical Therapy

A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility:

Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily functions.

Physical therapy can help strengthen weaknesses and compensation patterns:

Through injury or surgery, muscles become weak and impact your ability to move and function normally.

For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being:

When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health.

Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

Physical therapy can help you reduce the risk of injury: By

implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

Call Us Today To Request An Appointment

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Connections Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy.


If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

Sources:
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EXERCISE ESSENTIAL

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. This is a good stretch for your lower back.

*This exercise is designed for pain prevention.
Call your therapist if you are experiencing any pain!*





3 Healthy Behaviors To Model For Children

Parents play a crucial role in their children's lives. They teach them how to behave and how to handle conflict. It is important that parents model healthy behaviors for their children. These healthy patterns can be anything from eating habits to emotional regulation or even how they communicate with others.

Here are a few examples of healthy behaviors you can begin modeling for your children to set them up for success:

1. Make healthy food choices.

The food your children eat depends almost entirely on you. What you decide to purchase at the grocery store affects their health and can impact their eating habits for years to come— so it's important to avoid unhealthy and junk foods!

Instead of snacks, opt for fruits and vegetables. Replace red meat with lean protein, like chicken. Opt for whole-grain bread instead of white bread. By making these simple swaps, you're setting yourself and your family up for a much healthier lifestyle!

2. Get at least 30 minutes of exercise a day.

Children are much more likely to be physically active if they see their parents exercising regularly. You can even exercise together as a family! Take a trip to a nearby park or ride bikes around your neighborhood. There are many fun ways to encourage children to get active, but the most important thing to remember is that it starts with you!

3. Drink water instead of soda.

The kinds of food and drink you keep in your house matter. If you avoid buying soda altogether, it makes it much easier for your children to choose to drink a much healthier option— water.



STAFF SPOTLIGHT

LAUREN CROWLEY PT, DPT

Lauren graduated from UMass Lowell in 2022 with her doctorate in physical therapy. She completed two of her clinical rotations at outpatient orthopedic clinics in Massachusetts and enjoys rehabilitating individuals of all ages. In addition, her clinical experience includes treating patients recovering from various neurological conditions in an inpatient rehabilitation setting in Fort Worth, Texas. She joined our Sudbury Connections PT team in 2022 and focuses her attention on patient centered care.

Lauren's special interests include orthopedic injuries and conditions related to ankles, hips, elbows, and knees, but she's also looking forward to exploring other specialties in the near future. Lauren enjoys working with the geriatric population and collaborated on a fall prevention and exercise program for seniors attending the Chelmsford Senior Center Day Program. In her free time, Lauren enjoys working out, reading, cooking and taking her dog named Sil for walks.

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Call your nearest Connections Physical Therapy clinic to schedule your next PT appointment!