



connections
PHYSICAL THERAPY



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Live a Healthier Life With Physical Therapy!

Health & Wellness Newsletter

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at Connections Physical Therapy are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially if you are living with chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact Connections Physical Therapy today!

How Physical Therapy Can Help You To Be Healthier

Physical therapists are movement experts who can help improve your quality of life by developing an exercise

program, providing hands-on care, and educating you about your condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Our Goal Is To Help You Reach Yours

[Click here to schedule your appointment!](#)



Stop letting pain get in the way. Give us a call or visit connectionspt.com today!



Feel Better by Eating Better!

Easy Lemon Rosemary Salmon

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets
- Salt to taste
- 1 tablespoon olive oil

Preheat oven to 400 degrees F (200 degrees C). Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

<https://www.allrecipes.com/recipe/80388/lemon-rosemary-salmon/>

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Physical Therapy Treatments Target Your Needs and Goals!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

What To Expect From Your Physical Therapy Sessions

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while

others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

Contact Us Today!

If you want to improve your health, strength, and physical activity, Connections Physical Therapy is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources:
<https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>

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3 Best Stretches After A Day At A Desk

We lead extremely sedentary lives these days compared to 30 or 40 years ago. Millions of people spend several hours each day sitting at a desk, without bothering to get up to do anything other than visit the restroom. When you're younger, you may not notice the effects of sitting all day, but boy oh boy, as you age...we promise you'll start to realize the impact this habit has on your body!

People who spend much of their day in a sitting position are at a higher risk of developing serious conditions such as obesity, diabetes, and cardiovascular disease. Many of these individuals may also be at risk of suffering from repetitive use injuries.

Luckily, there are various stretches that can help combat the adverse effects of sitting for 8 hours a day. *Try these 3 stretches next time you're feeling stiff!*

1. Rotation Lunge

Take a big step forward with your right foot into a lunge from a standing position, making sure your right knee does not extend past your toes. Hands should be placed on either side of your right foot. Lift your right arm toward the ceiling while turning your gaze upward. Exhale slowly and try to rotate a little deeper. Repeat on the other side.



2. Shoulder Opener

Stand tall and straight, with a towel or belt in each hand behind your back. Raise your arms behind you as far as you can without getting out of breath. As you lift the towel, pull your shoulders back and together.

3. Low Cobra

Lie facedown on a foam roller or set of yoga blocks with your ankles resting on them. As you raise your head up and back, press your forearms into the floor and pull your shoulders back.

Let's get you better ASAP! Schedule your appointment today!



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**Don't Just Tolerate
Pain, Relieve It!**

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