



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

N E W S L E T T E R

OCTOBER 2020



# ProClinix

SPORTS PHYSICAL THERAPY + CHIROPRACTIC



## STEP LIGHTLY!

### KICK HIP, KNEE & LEG PAIN TO THE CURB

*Pictured: Dr Brittany (O'Rourke) Daniels - Physical Therapist addressing this patients hip and knee pain*

## ALSO INSIDE

How Physical Therapy Can help your pain • October is National PT Month! • Healthy Recipe: Omelet Muffins • Staff Spotlight



**PROCLINIX**  
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# NEWSLETTER

OCTOBER 2020



# STEP LIGHTLY!

KICK HIP, KNEE & LEG PAIN TO THE CURB

Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

## WHAT CAUSES HIP, KNEE AND LEG PAIN?

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendinitis
- Pinched nerves
- Osteoporosis
- Cancer

While some causes are more severe than others, a physician can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death or necrosis. If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.

## WHAT ARE THE SYMPTOMS?

While leg pain is noticeable by a slew of symptoms, a few stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or are experiencing bad balance, contact a physician. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

*(Continued Inside)*



**We can make your hip, knee, and leg pain a thing of the past! If you're ready to start feeling better, call us today at (914) 202-0700 or visit us online at [www.procliniX.com](http://www.procliniX.com)!**

**ARE YOU LETTING YOUR PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**



# HOW WE CAN HELP YOUR PAIN

*Pictured above: Dr. Brian Dombal — Partner & Physical Therapist providing post-operative care after knee surgery*

In many cases, physical therapy can help patients increase leg mobility. In doing so, they can stretch, flex and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physician immediately.

A good physical therapy program can assist with post-operation treatment, too. If you've undergone treatment for osteoporosis, dislocation or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, physical therapy serves to enhance the patient's quality of life. We're here to help, and we have years of experience backing every therapy option. Contact one of our providers today, and tell us about your symptoms.

# OCTOBER IS NATIONAL PT MONTH!

Did you know that October is National Physical Therapy Month? That's right, an entire month dedicated to educating people about the benefits of Physical Therapy—and it couldn't come at a better time. Winter is one of the most trying times of the year for people struggling with chronic pain. Take the time this month to start figuring out the most important things you need to know about the benefits and perks of physical therapy. Here are a few bits of information to help kick off your focus this month:

- **Physical therapy is most beneficial when used before an issue becomes chronic.** So many people wait until they've been dealing with pain for an elongated period before seeking support from a physical therapist. But there is no reason to wait! Physical therapy can have the biggest impact if used shortly after your initial injury. The longer you wait, the more difficult it will be to heal.
- **Muscle aches and joint pain tend to grow worse over time.** The longer you let your pain go untreated, the more severe the pain is likely to become and the more difficult the pain will be to treat. The best thing that you can do is seek treatment as immediately following the development of your pain as possible. Physical therapy can have a huge impact on alleviating pain from muscle and joint aches, but the earlier you start, the better off you'll be.
- **Chronic pain, especially back pain, is incredibly common in the United States—surprisingly so.** More than 100 million Americans over the age of 18 struggle with back pain. As a result, Americans spend more than \$50 billion on back pain relief every single year. A lot of this goes to pain medication, which masks the pain without addressing the issue—meaning the pain always comes back.

About 30% of adults over 18 struggle with back pain and that number is even higher for those who are over 65. Physical therapy is the best strategy to overcome back pain and is helpful at all ages. Your physical therapist will tailor therapy methods to your needs, helping you achieve the best results possible.

Contact us today to schedule your appointment! Call us at (914) 202-0700 or visit us online at [www.proclinix.com](http://www.proclinix.com).

## THIS MONTH'S PATIENT APPRECIATION OFFER!

### WE THANK YOU FOR VOTING US BEST OF WESTCHESTER 2020!

OUR PATIENTS CAN ENJOY 50% OFF  
Your 1st 60 Minute Sport  
or Medical Massage



Please mention BOW 2020 when scheduling!

*\*Massage is rendered in select locations - Offer valid for purchase until October 31st 2020\* Limited to 1 per person, for purchaser only and must be redeemed by 12/31/20*

914.202.0700 | [admin@proclinix.com](mailto:admin@proclinix.com)

## HEAR WHY OUR PATIENTS LOVE US!



"The ProClinix staff in Ardsley is absolutely amazing and I am so thankful for their help in my post-op knee surgery recovery. They are very knowledgeable, professional, and COVID safe. I genuinely look forward to coming into their clinic." —Electra Nassiss

**CALL US TODAY! (914) 202-0700**

## SERVICE SPOTLIGHT: ACTIVE RELEASE TECHNIQUES® (A.R.T.)

Active Release Techniques® (A.R.T.) is a soft tissue system/movement-based technique used to treat problems with muscles, tendons, ligaments, fascia, and nerves. ART is a patented, state of the art soft tissue system/movement-based massage technique that treats problems with muscles, tendons, ligaments, fascia, and nerves. Headaches, back pain, hip pain, knee pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART. These conditions all have one important thing in common: they are often a result of overused muscles!



At ProClinix Sports Therapy, we offer a wide range of services to be sure that your needs are met! **Our services include:**

- Telehealth
- Acupuncture
- Massage Therapy
- Home PT
- Chiropractic services
- And more!

Let us help you live a more full life! Call us today at (914) 202-0700 or visit our website at [www.proclinix.com](http://www.proclinix.com) to book your appointment today!

## STAFF SPOTLIGHT

### DR. AMANDA NOTLEY PT, DPT



Dr. Amanda Notley received her Doctorate in Physical Therapy from Ithaca College. Amanda has extensive clinical experience treating patients of all ages in a variety of clinical areas. Amanda is a Graston Technique Provider for instrument-assisted soft tissue mobilization and has taken additional coursework in Maitland Based Manual Therapy. Amanda uses her medical knowledge and clinical experience when creating comprehensive and individualized rehabilitation programs.

Why she chose a career in Physical Therapy: "I knew I wanted to become a Physical Therapist after sustaining several knee injuries that required PT. I thought I wouldn't be able to play sports again, but they helped me return to playing soccer and basketball with no problems or restrictions! I was so amazed by the type of work they provided and wanted to instill the same type of motivation in people. I want to help every one of my patients reach their rehabilitation goals whether it be from post-operative rehab to overuse injuries. I enjoy working in a field that challenges me every day and allows me to use my clinical and personal skills to make a change in my patient's lives like it did mine!"

## HEALTHY RECIPE



### OMELET MUFFINS

#### INGREDIENTS

- 10 large eggs
- 1 red bell pepper, finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

#### DIRECTIONS

Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and 1/4 cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20-25 min., until eggs are set. Let stand 5 min. before removing from muffin tin.

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## EXERCISE ESSENTIALS



### STRAIGHT LEG RAISE

While lying or sitting, slowly raise your leg, keeping your knee straight and your toes pointed outward. Hold for 2 seconds, then slowly lower your leg to the starting position. Repeat 10 times with each leg.