



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

NOVEMBER 2020



SHRUG IT OFF!

IS STRESS CAUSING YOUR NECK PAIN?

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NEWSLETTER

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SHRUG IT OFF!

IS STRESS CAUSING YOUR NECK PAIN?

DOES YOUR NECK HURT? You might be suffering from stress-related pain — also called a tension head-ache. During anxiety, muscles tense up. As muscle tension tightens, the back, shoulders and neck are affected. The more pressure they cause, the more discomfort you get. Let's take a closer look at stress-related neck pain.

IS MY NECK PAIN CAUSED BY STRESS?

Pain worsened by keeping your head in one place — like when you're driving, or using a computer — is neck pain. While neck pain has a slew of symptoms, its major symptoms, reported by Mayo Clinic, are:

- Muscle tightness and spasms
- Headaches
- Decreased ability to move the head

Stress-induced neck pain isn't rare. It also isn't psychological. Many experts think stress-induced neck pain is caused by physical factors — low, but constant, trapezius muscle activity. If your neck pain starts at the base of your shoulders, traveling upward, it may be stress related.

CAUSES OF STRESS-RELATED NECK PAIN

While stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems — as they confine people to chairs, bad posture and little mobility. Driving often, too, can make your chances of stress-related neck pain higher.

The U.S. National Library of Medicine suggests contacting a professional if you're experiencing neck pain. Even if it's caused by stress, untreated

neck pain might later reveal muscle spasms, arthritis, bulging discs or even narrowed spinal nerve openings.

HOW PHYSICAL THERAPY CAN HELP MY NECK PAIN

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activity can cure it. Sometimes, this "activity" means "no activity." Before you contact a professional, try reducing your neck movements. Sometimes, simply letting your neck muscles relax is enough.

If you don't see relief within two weeks, contact a professional. Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch, flex and relax your neck muscles. In time, your neck will become more resilient — giving you the comfort you deserve. Where aftercare treatment is considered, custom-tailored neck exercises will assure your neck stays loose, limber and healthy.

If you're dealing with neck pain, you're not alone. Call our office today, and schedule an assessment. Even if your neck pain is caused by stress, it still needs attention. We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more.



We can make your neck 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/

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

STAYING ACTIVE IN THE WINTER!

When winter blows in, you can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure! The American Heart Association offers these tips for working out in the cold of winter.

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

TIPS TO KEEP IN MIND

1. No heat and humidity to deal with. Winter's chill might even make you feel awake and invigorated.
2. You may be able to work out longer in cold weather—which means you can burn even more calories.
3. It's a great way to take in the sunlight (in small doses). Not only can light improve many people's moods, it also helps you get some vitamin D.
4. Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

One form of exercise most participate in the winter is biking. New cycling equipment, better apparel and a growing awareness of the feasibility of wintertime riding has caused a jump in participation. The attraction? Street parking is free. Gas prices do not apply. In a storm, two wheels and pedals can be faster for getting around a city than a car struck in a traffic jam.

However, winter riding is not without hardship. Evening comes early, forcing riders to pedal home in the dark. Snowdrifts squeeze streets, eliminating a comfortable side lane for bikes. Frozen fingers and feet are common issues for the unprepared.

Dress right, use fenders and lights, maybe add studded tires, and commuting in the bleak months can be comfortable and efficient. Here are 10 tips to help you ease into the wintertime cycling scene:

1. **Road conditions.** Believe it or not, the medium during most winter commutes is often the same dry pavement as in the summer. Sand, salt, sun, and snowplows eliminate ice and snow from roads in the days after a storm.
2. **Ride steady.** For slippery stretches, riders should slow down and stay loose. Brake only on the rear wheel to avoid spinouts on slick surfaces. And be prepared to take your feet off the pedals if the bike starts to fishtail or tilt.
3. **Watch out.** Cars are less aware of bikers in the winter. Ride defensively. Make eye contact with drivers.
4. **Cold and clean.** Unless you plan to clean it off, keep your bike cold and store it in the garage. A room-temperature bike in new snow can cause ice to form on brakes and gears more easily. Also, keep your chain and gear cassette lubricated for best operation.
5. **Protect your core.** Any outdoorsy person knows that layering is the key to staying warm and managing sweat in the cold. A common configuration for biking includes a wicking base layer shirt followed by an insulating fleece top, then with a waterproof and windproof shell jacket. For the legs, usually one less layer is needed; many riders wear normal pants like jeans covered up with a wind-shell pant. If your commute is long, consider bike tights or shorts with a chamois pad combined with long underwear bottoms and the shell pants on top.
6. **Head wear.** Jacket hoods are a no-no, as air funnels in as you move, inflating a hood like a sail. Instead, many riders wear balaclavas and sunglasses or ski goggles. Tight-fitting (but warm) fleece skull caps are popular. Top it off with a helmet, perhaps sized larger in winter to fit over all the insulation.

If you would like to learn more on how to protect yourself from a potential injury while remaining active in the winter, contact us at (914) 202-0700. A medical expert will be happy to assist you!

THIS MONTH'S PATIENT APPRECIATION OFFER!

PRE-HOLIDAY SPECIALS

Buy one of our massage packages for yourself or treat someone you love!



Purchase a 5 pack of 60 minute massages and get the 6th one 50% off



Or purchase a 10 pack of 60 minute massages and get the 11th one FREE

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Massage is rendered in select locations - Offer valid for purchase until December 23rd 2020 Limited to 1 per person and massages must be used within 1 year from purchase date.

914.202.0700 | admin@proclinix.com

HEAR WHY OUR PATIENTS LOVE US!

"Dr. Ivana Monserrate is an excellent Chiropractor. She listens, communicates and implements a treatment plan. Both her knowledge and her manner are exceptional. Her treatment has given me long sought after relief from chronic neck and back pain. I highly, highly recommend her." — E.H.

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ATTENTION NYSHIP/THE EMPIRE PLAN MEMBERS

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STAFF SPOTLIGHT

**DR. BRITTANY
O'ROURKE-DANIELS**
DPT, PHYSICAL
THERAPIST, CSCS



Dr. Brittany O'Rourke-Daniels received her Doctorate of Physical Therapy with a Sports Strength and Conditioning Concentration from Northeastern University. During her time there, she completed a clinical affiliation at University of Notre Dame in the sports medicine department predominantly working with the Men's Lacrosse team. Her approach to care includes assessing and addressing biomechanics of the entire body.

Brittany is a Certified Strength and Conditioning Specialist, which helps her create comprehensive and individualized rehab programs to help her patients reach their functional and personal goals. Her passion for orthopedics and sports medicine stems from her active lifestyle, being a lacrosse player and skier since a young age. When she is not helping others, she enjoys staying active and spending time with friends and family.

HEALTHY RECIPE



PUMPKIN SOUP

INGREDIENTS

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

DIRECTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

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EXERCISE ESSENTIALS



RETRACTION | CHIN TUCK

Stand against a wall with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. Slowly draw your head back so that your ears line up with your shoulders. Hold for 10 seconds and repeat 3 times.