



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

FEBRUARY 2021



DON'T IGNORE YOUR
BACK PAIN!
KICK BACK PAIN TO THE CURB!

ALSO INSIDE

*Getting To The Bottom Of Back Pain • 5 Tips For Better Heart Health
PATIENT APPRECIATION FOR THE NEW YEAR! • Staff Spotlight*



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

NEWSLETTER

FEBRUARY 2021

DON'T IGNORE YOUR **BACK PAIN!** *KICK BACK PAIN TO THE CURB!*



THE BACK IS ONE OF THE MOST VULNERABLE PARTS OF THE BODY.

You rely on it so heavily — whether it is to shoulder your emotional stresses or to physically lift something that you need to carry with you. Your back is constantly at risk. It is at risk when you drive, being one of the body parts likely to take the biggest impact in case of an accident. It is at risk when you are safely at home on your couch or at the office, where you are likely scrunched over and not caring one bit about your posture. It is at risk when you run, when you play sports, and even when you find yourself sick and are coughing so heavily that your back begins to hurt.

It is no wonder that so many people experience back injuries every year. What is a big wonder is that so many people choose to ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. The sight of blood leaving your body or the realization that a bone isn't sitting right is something that not many people are going to deal with for too long before seeking medical attention. Yet when pain begins in the back, it is almost normal to ignore it. Everyone develops back pain, time to time, right? There is no reason to stress about it or overreact, right? Absolutely wrong!

UNDERSTANDING BACK PAIN

Back pain may be common, but it is absolutely not normal. There are actually a lot of serious conditions that can cause your back to begin

to hurt, and it is smart to have your back looked at by a physician early on so that you know exactly what is going on with your body from the get-go.

Once the cause of your back pain is determined, your physical therapist will be able to identify the best treatment options for your body's needs. This will likely include the following:

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises are designed to help build strength and support the surrounding muscles.
- Guided stretching designed to improve range of motion and flexibility. This will take into account the health and vivacity of vertebrae and any potential stretches that may support optimal back health.
- Support and guidance with an exercise routine and habit formation, especially with cardiovascular activity that can stimulate improved blood circulation to the affected areas of the back, as well as strength-building activities.

Attempting to undertake any of these changes on your own after you've experienced a back injury is both dangerous and not recommended. Working with a licensed and experienced physical therapist or chiropractor can provide you with the guidance and ongoing support that you need to ensure that you do not experience any further injury as you attempt to heal the cause of your back pain.

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

GETTING TO THE BOTTOM OF BACK PAIN

There are a lot of different reasons as to why you may be experiencing back pain, and ignoring any of them is not a good idea.

Some of the most common issues that cause back pain to linger include:

- Muscle sprain or strain
- Tear or hyperextension to the supporting muscles or tendons
- Slipped vertebrae or disc
- Arthritis

These concerns can develop as a result of a myriad of environmental issues, such as having poor posture, prolonged sedentary activity, car crash, sporting accident, stress, heavy lifting, and so on.

WHEN IT COMES TO BACK PAIN, DON'T WAIT!

When you experience an injury to your back, or realize that you are experiencing regular pain as a result of an ongoing injury or overuse, it is important to find out the cause of your back pain as quickly as possible. Back pain can quickly become chronic, as a potentially small issue can become complicated when it is not addressed early on. Working with a physical therapist, massage therapist, chiropractor, or acupuncturist can help you to identify the difference between environmental causes and something more medically based. To get started with putting an end to your back pain, contact us today!



We can make your back 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!

PATIENT APPRECIATION FOR THE NEW YEAR!

START THE NEW YEAR WITH

Relaxation!

TREAT YOURSELF TO A
**60-MINUTE
MASSAGE**

FOR ONLY \$100!

Special Patient Appreciation Price from now until 2/28/21. One per patient (Current or previous), must be purchased and redeemed by 2/28/21.

5 TIPS FOR BETTER HEART HEALTH



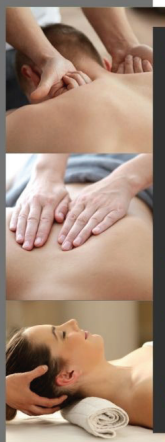
FEBRUARY IS...
**AMERICAN
HEART
MONTH**

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Get screened for diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

HEAR WHY OUR PATIENTS LOVE US!

"Dr. Ivana Monserrate is the best chiropractor I've ever seen! She is very observant to your pain and works well to make the pain go away. I highly recommend her. I felt great after the first visit. The place is very clean and has a relaxing atmosphere. Dr. Monserrate is very professional and knows exactly how to treat you without any further injury to your pain. She's the best!" — R.E.

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



ProClinix is pleased to introduce our CLINICAL MASSAGE THERAPY TEAM



Katalin Simon, LMT



Rachel Safferstein, LMT



Joanna Lederman, LMT



Stephanie Nordizzo, LMT

Scheduling Appointments Now FOR ALL LOCATIONS!
Insurance may apply!
NOW accepting NYSHIP / The Empire Plan.
Please inquire about your coverage when scheduling.

914.202.0700 | ADMIN@PROCLINIX.COM

If you are not covered by insurance - NO PROBLEM!
We do offer self pay rates for solo sessions & packages.



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

Our Massage Therapy Services are beneficial for:
Back pain, neck pain, headaches/migraines, recovery & MORE!

Experience The Benefits of Acupuncture + Massage



Acupuncture and Massage help release tension and pain throughout the body. Massage is particularly good at increasing circulation, while Acupuncture reduces inflammation, accelerates the healing process, decreases pain and works deep muscles that are difficult to access. These services help with patients that have low back pain, neck pain, headaches/migraines, sciatica, muscle pain, trigger points and much more!

STAFF SPOTLIGHT

RACHEL SAFFERSTEIN LICENSED MASSAGE THERAPIST



Rachel Safferstein is a NYS Licensed Massage Therapist who graduated from the FingerLakes School of Massage back in 2016, and has been practicing massage ever since. She has a background in deep tissue, connective tissue therapy, sports massage, and trigger point.

Working in different massage settings such as in a spa, gym, and with chiropractors has given her a broad knowledge of massage. She understands that every person has unique challenges and preferences, and prides herself in being able to hone into the needs of each individual.

In Rachel's spare time she also loves to rock climb, hike, run, and sew.

SEASONAL RECIPE



WINTER CITRUS SMOOTHIE

INGREDIENTS

- 2 1/2 cups pineapple juice
- 2 1/2 cups freshly squeezed orange juice
- 3/4 cup plain yogurt
- 1 banana, peeled and halved
- 3 tablespoons honey
- 1/4 teaspoon ground cinnamon

DIRECTIONS

Fill one ice-cube tray with pineapple juice and one tray with orange juice. Place both trays in the freezer for several hours until frozen or overnight. Place yogurt, banana, honey, and cinnamon in a blender and process until smooth. Transfer mixture to a bowl, and set aside. Rinse blender, fill with pineapple ice cubes and remaining pineapple juice, and process until smooth. Divide pineapple mixture among four glasses, top with reserved yogurt mixture, and place in the freezer. Process the orange-juice cubes with the remaining orange juice. Remove filled glasses from freezer and top with orange ice mixture.

EXERCISE ESSENTIALS



STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold for 10 seconds and repeat 8 times.