



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

MARCH 2021

**FIND THE 4-LEAF CLOVER
HIDDEN IN THIS
NEWSLETTER!**

GIVE US A CALL WITH THE LOCATION
OF THE 4-LEAF CLOVER AND GET
\$40 OFF A 60-MINUTE MASSAGE!

(OFFER EXPIRES
03/31/21)



FINDING RELIEF FROM
NECK PAIN!

STAY A NECK AHEAD OF YOUR CHRONIC PAIN!

ALSO INSIDE

*Getting Rid Of Neck Pain For Good! • Looking for Pain Relief?
Patient Appreciation Offer • Staff Spotlight • Healthy Recipe*



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

NEWSLETTER

MARCH 2021

FINDING RELIEF FROM **NECK PAIN!** *STAY A NECK AHEAD OF YOUR CHRONIC PAIN!*



NECK PAIN CAN BE BOTH DEBILITATING AND TERRIFYING.

When you experience an injury that leaves your neck in severe pain, the thought of not being able to freely turn your head is overwhelmingly stressful. What's more, the pain itself is unbearable, and since the neck is so sensitive to injury, it is important to be as careful as possible in finding treatment and solutions for the pain.

It is incredible to realize how common neck pain is — especially among American adults! More than two-thirds of U.S. adults will develop neck pain at least once in their life, and the reasons for the neck pain are as varied as the population of the nation itself. Injury, muscle strain and even stress can cause significant pain in the neck and upper back. If you aren't careful, a neck injury can lead to chronic pain, and it is even possible for chronic headaches like migraines to develop as a result of regular neck pain.

There are a lot of different ways that you can relieve neck pain, but the best treatment for your personal needs depends entirely on the type of injury that you've experienced.

HERE IS A QUICK BREAKDOWN OF WHAT COULD BE GOING ON TO CAUSE YOUR NECK PAIN:

If your pain is developing gradually over time and is not the result of any particular injury that comes to mind, then it may be a result of degenerative disc disease. When this develops, you may experience chronic neck pain as a result of fluid-filled sacs that are becoming weakened over time as

a result of stress and strain. Physical therapy, chiropractic, acupuncture and massage therapy can help alleviate the pain from degenerative disc disease by helping restore blood circulation and improve range of motion in the neck. This therapy is approached in a careful and deliberate way so as to not cause further pain in the neck region.

Sometimes, neck pain develops after a particular injury, such as due to accident or even as a result of a car accident or a slip and fall accident. When this happens, your pain could be a result of a muscle strain or sprain. When this is the case, then using traditional methods like hot and cold therapy and targeted physical therapy treatment can do a lot of good to alleviate the pain. However, attempting exercises on your own could also result in further pain.

In some cases, mechanical neck pain can develop as a result of a change in the neck joints. This may develop as a result of a disc collapsing, which causes the space between the bones to become narrow, often causing bones to strike one another, resulting in pain. When this isn't addressed, mechanical neck pain can spread, causing the pain to become more severe and covering a wider range of the neck.

Finally, neck pain is sometimes caused by radiculopathy, which refers to pressure or irritation in the nerves of the neck, which alters the electrical signals in the neck, causing you to feel more pain throughout the day. Our therapies can help reduce the pressure and irritation surrounding the nerves, often offering immediate relief from pain and discomfort.

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

GETTING RID OF NECK PAIN FOR GOOD!

These are just some of the frequent causes of neck pain. It is important that you never assume that your neck pain is being caused by one or another of these issues, and that you instead always work with a licensed and experienced physical therapist, chiropractor, massage therapist, or acupuncturist to determine the precise cause of your pain and discomfort.

IS YOUR NECK PAIN CAUSED BY SLEEP ISSUES?

There is one more factor that often is not spoken about, but it's a frequent cause of neck pain and discomfort: sleeping issues. Sometimes, sleeping in a certain position or sleeping on a mattress or pillow that is too soft or too hard will lead to neck pain. Oftentimes, this pain will appear to be chronic, as the sleeping issue is likely something that you experience day after day, causing the pain to return regularly.

It may be helpful to rule out sleeping concerns as a reason behind your neck pain by assessing your sleeping conditions and making any changes that you think may be necessary. Adjust how many pillows you sleep on, the position you sleep in or even your mattress!

For more support in finding relief from neck pain, talk to your physical therapist, chiropractor, massage therapist or acupuncturist at ProClinix today!

Let ProClinix make your pain a thing of the past! You don't need a referral to get neck pain relief! Call us at (914) 202-0700 or visit us online at www.proclinix.com!

PATIENT APPRECIATION OFFER

LEAVE YOUR BACK PAIN
BEHIND WITH OUR

COMPLIMENTARY
**POSTURE
& SPINAL
ASSESSMENT**

WITH A PROCLINIX CHIROPRACTOR!

Offer for new & returning patients only. Offer expires 3/31/21.

COMMON ERGONOMIC MISTAKES



1. Long-term laptop use. A laptop's compact size often forces you to work in a cramped, hunched-over body position that can cause fatigue and discomfort over time.

Solution: Invest in an external monitor or laptop stand. This will allow you to raise your screen to eye level and allow you to maintain a more upright posture. While you're at it, ditch the touch pad. Adding an external keyboard and mouse will help to keep your elbows and wrists in a more natural position.

2. Working from the couch. While great for lounging, working from the couch can put your body in awkward positions that may cause discomfort, pain and numbness over time.

Solution: Work from a suitable desk or table and an adjustable chair. The right chair should support the curve of your spine as you sit up straight while allowing your elbows to rest at a 90-degree angle that's level with the surface of your desk or table.

3. Poor posture. Hunching over a computer or laptop for hours on end can lead to pain in your back and neck.

Solution: Ensure your workstation is optimized for proper posture, allowing you to comfortably sit straight up with your shoulders back and your back supported.

4. Bad lighting. Chances are, the lighting in your house wasn't designed for optimal work lighting. Too little — or even too much — light can lead to headaches, fatigue, blurred vision or eye irritation.

Solution: Lighting should be bright enough to illuminate your workspace, but not so bright that it makes your computer screen hard to read. Position your computer to avoid screen glare caused by lights and windows.

HEAR WHY OUR PATIENTS LOVE US!

"I've been working with Sandra since November at ProClinix in Pleasantville and it has been a very good experience. She is knowledgeable and very helpful and has taught me a lot about how to heal from my herniated discs. She always greets me with a smile and makes herself available to me between visits for questions."
— C.S.

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

LOOKING FOR PAIN RELIEF? THE GRASTON TECHNIQUE CAN HELP!

The Graston technique is a form of instrument assisted soft tissue mobilization (IASTM) & makes for a great addition to any patient's rehabilitation program. As a modality, instrument assisted treatments help break up adhesions, realign fibers, prevents further scar tissue build up, & helps soft tissue healing — ULTIMATELY it helps improve and enhance your recovery time!



THE GRASTON TECHNIQUE CAN ALSO BE USED TO TREAT NUMEROUS CONDITIONS, INCLUDING:

- Repetitive & Stress Related Injuries
- Sports Injuries
- Lower back pain
- Carpal tunnel syndrome
- Rotator cuff tears
- Quadricep pain
- Tennis elbow
- Plantar fasciitis
- Headaches
- And More!

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

- Telehealth
- Home PT
- Acupuncture
- Chiropractic services
- Massage Therapy
- 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 to book your appointment today!

STAFF SPOTLIGHT

DR. ELAN MICHAEL
DC, CHIROPRACTIC



Dr. Elan Michael received his Doctorate of Chiropractic from the University of Bridgeport in CT, graduating magna cum laude. Dr. Michael has extensive experience working with an integrative healthcare team that provided high quality and evidenced-based care for multiple acute and chronic conditions. Dr. Michael was raised in a chiropractic family and is determined to continue the legacy of his grandfather, Dr. Jack Baginsky.

Dr. Michael provides conservative care through soft tissue treatments and joint manipulation, along with the use of other modalities (such as The Flexion Distraction Table) to optimize results and enhance functional mobility and movement. He is especially passionate about educating all of his patients on health and wellness to promote a pain-free lifestyle and prevent long-term health risks.

IT'S EASIER TO GET PHYSICAL THERAPY THAN YOU THINK!



Save Time



Save Money



Improve Health Naturally

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy, chiropractic, massage therapy, or acupuncture services.

HEALTHY RECIPE



PRESSURE COOKER SQUASH AND LENTIL STEW

INGREDIENTS

- 2 medium shallots, thinly sliced
- 1 small butternut squash, cut into 1 1/2" chunks
- 1 lb. green lentils, picked over
- 6 c. chicken or vegetable broth
- 5 c. packed baby spinach
- 1 tsp. ground coriander
- 1/2 tsp. ground cardamom
- 1 tsp. vegetable oil
- 1 tsp. cider vinegar

DIRECTIONS

In pressure-cooker pot on medium, cook shallots and ginger in oil 5 minutes or until shallots are golden, stirring. Add coriander and cardamom; cook 1 minute, stirring. Add squash, lentils, broth and 1/4 teaspoon salt. Cover, lock and bring up to pressure on high. Reduce heat to medium-low. Cook 12 minutes. Release pressure by using quick-release function. Stir in spinach, vinegar and 1/2 teaspoon each of salt and pepper.

EXERCISE ESSENTIALS



CERVICAL RETRACTION

Sit in a chair with good posture and your feet flat on the floor. Press your fingers into your chin until you feel a stretch in the back of your neck. Hold for 15 seconds and repeat 3 times.