



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

APRIL 2021



SHOULDER, ELBOW & WRIST PAIN

WHERE IS IT COMING FROM?

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NEWSLETTER

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SHOULDER, ELBOW & WRIST PAIN WHERE IS IT COMING FROM?



It's time to say goodbye to shoulder, elbow, and wrist pain once and for all. Identifying the cause of your pain and taking steps to combat ill habits that may be contributing to your discomfort can have a significant impact on your quality of life.

Wave goodbye to pain in your hands, shoulders, elbows and wrists with targeted techniques from your experienced physical therapists, chiropractors, acupuncturists and massage therapists.

WHAT IS CAUSING THE PAIN?

Think about the tasks that make up the majority of your day-to-day life. It is often said that life in the 21st century is way easier on the body than life during any other time in human history – and it's true that there is a fair amount of evidence to support this idea. Rather than spending all of your days working in a factory or on a farm, the vast majority of Americans work indoors, often at a computer for a predetermined number of hours week after week. But this new lifestyle isn't exactly harmless for the body, either.

There are plenty of ways in which the common tasks of 21st-century life put the body under a great deal of stress. Sedentary lifestyles frequently contribute to weight gain, which increases your risk for a long list of obesity-related diseases. This puts additional stress on your body, which could result in pain in crucial joints like your shoulders, elbows and yes, even your wrists. But even aside from that, there are a lot of potential issues that your body can face as a result of sedentary behavior in the workplace – including shoulder, elbow, and wrist pain.

Shoulder, elbow, and wrist injuries are especially common as a result of workplace injury and overuse. While it is sometimes possible to take action to prevent an injury from developing, it is especially important to be able to recognize when an injury develops and to understand ways that you can combat that injury by identifying what may have caused the pain to develop in the first place.

Common issues that can lead to shoulder, elbow, and wrist pain include:

- Issues with poor posture
- Athletic injuries
- Carpal tunnel syndrome, which can develop from overuse of the wrist and regular, repetitive motions, such as typing
- Muscle sprain
- Muscle strain
- Heavy lifting
- Dislocation or hyperextension of the joints

GETTING A HANDLE ON SHOULDER, ELBOW, AND WRIST PAIN

One of the biggest concerns regarding pain in the shoulder, elbow, and wrist is that it is difficult to impossible to actually allow these parts of the body time to rest. Every movement and action requires these body parts – and when the pain develops in both arms, as it often does, treating the pain becomes even more complicated. It is impossible to care for your basic needs without involving your shoulder or wrist, let alone get through a day at the office.

(Continued inside)

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

GIVE CHRONIC PAIN THE COLD SHOULDER!

This is why so many issues regarding pain in the shoulders, elbows, and wrists typically become chronic. Since it is difficult to allow these body parts time to properly rest, they continue being overused and the pain can actually worsen.

TREATING SHOULDER, ELBOW AND WRIST PAIN.

Addressing the pain early on is the best way to prevent an issue from becoming chronic. Turning to medication and braces for pain management is not a long-term solution and will only push off the inevitable truth — that you need to find a solution for the problem that is causing you pain.

Physical therapy, chiropractic, acupuncture, and massage therapy are ideal tools for support in this regard. Working with a physical therapist will provide you with an opportunity to understand what movements may be causing further discomfort, and can help you to strengthen the surrounding muscles while improving range of motion, which together will likely alleviate some of the pain associated with your injury.

Don't assume that pain in your shoulders, elbows, or wrists will go away on its own. It is more common for the pain to worsen, and compensating for the pain by overusing the opposite arm can cause further injury to develop. For support with learning how to manage the pain, and to learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists, contact your physical therapist, chiropractor, acupuncturist, or massage therapist at ProClinix today!

OUR PHYSICAL THERAPY GUIDE TO OSTEOARTHRITIS (OA)



"Arthritis" is a word used to describe inflammation of our joints. OA is the MOST common form of arthritis and usually is the result of deterioration of a joint.

Usually our weight bearing joints are affected - our knees and hips being the most common to become arthritic overtime. Around 27 million American will have some form of OA in their lives.

FACTORS THAT MAY INCREASE YOUR RISK OF OA:

1. Age (degeneration and aging of cartilage increases over time)
2. Genetics (difficulty forming cartilage can be hereditary)
3. Previous Injuries (past injuries to a specific joint, especially knees or hips)
4. Your Job (especially occupations that require a lot of bending, squatting, prolonged kneeling or twisting)
5. Sports (repetitive joint loading activities such as running or jumping can increase your risk of OA)
6. Weight (being overweight can significantly increase your risk of developing OA in those weight bearing joints)

HOW PHYSICAL THERAPY CAN HELP!

PT is a proven to be an extremely effective treatment for OA. It will help you to avoid the use of prescribed pain killers and even surgery!

Our Physical Therapists will evaluate and develop the right exercise program for you! The individualized stretching, strengthening and manual care will help relieve your OA symptoms and slow the conditions progress!

PATIENT APPRECIATION OFFER

MENTION THIS COUPON FOR A

FREE

15 MINUTE IN-PERSON, OVER THE PHONE, OR TELEHEALTH CONSULTATION!

Offer for new & returning patients only. Offer expires 4/30/21.

HEAR WHY OUR PATIENTS LOVE US!

"I first went to ProClinix with a shoulder injury. I had done so much physical therapy at a different facility with no progress but a few weeks in at ProClinix and I was doing great. I had to revisit after foot surgery and again I am well on my way to a full recovery. James and Eric are incredible, they truly know what they're doing and always make you feel welcome. All the staff at ProClinix are wonderful. Professionalism at its best!" — M.R.

CALL US TODAY!
(914) 202-0700

At ProClinix Sports Physical Therapy & Chiropractic, 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 to book your appointment today!

YOU DON'T NEED A PRESCRIPTION!

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



ARUGULA, GRAPE, AND SUNFLOWER SEED SALAD

INGREDIENTS

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

DIRECTIONS

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

STAFF SPOTLIGHT

DR. SHARA LABELSON
PT, DPT, CEAS



Dr. Shara Labelson PT, DPT, CEAS is a cum laude graduate of the University of Pennsylvania School of Engineering where she majored in Bioengineering and minored in Psychology. Being a soccer player growing up wreaked havoc on her ankles and neck, and her subsequent involvement with physical therapy inspired her to pursue a graduate degree in PT.

Shara graduated from the University of Miami's School of Medicine with a Master of Science degree in Physical Therapy and went on to receive her Doctorate in Physical Therapy from Arcadia University. She is a licensed Physical Therapist in both NY and NJ, holds certifications in the Polestar Pilates Rehabilitation Series, Functional Movement Systems and as an Ergonomics Assessment Specialist.

Most recently, Shara has been licensed through USA Cycling as a level 3 cycling coach. Shara still competes in soccer and as a road bicycle racer, she understands the importance of gaining and keeping control of movement in a functional and pain free way in order to be physically functional and fit.

EXERCISE ESSENTIALS



WRIST EXTENSION STRETCH | PRAYER

Stand with good posture. Place your palms together in front of your chest right below your chin. Slowly lower your hands keeping your palms together as shown until you feel a mild to moderate stretch under your forearms. Hold for at least 15 to 30 seconds. Repeat as needed.