



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

JUNE 2021



ProClinix Physical Therapist Dr Tyler Fallon, PT, DPT providing percussion therapy to address knee pain

STEP LIGHTLY!

FINDING KNEE AND HIP PAIN RELIEF

ALSO INSIDE

Say Goodbye To your Hip & Knee Pain! • Join Us Every Thursday At Noon For Our E-Series Live Streamed On Facebook



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NEWSLETTER

JUNE 2021

STEP LIGHTLY! FINDING KNEE AND HIP PAIN RELIEF



Mark Twain once said that growing old is an issue of "mind over matter," but if you struggle with knee or hip pain, then you know that this isn't true at all. Knee and hip pain can really take the spring out of your step, causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step.

There is an endless list of reasons as to why knee or hip pain may develop, from a slip or fall-related accident to a sports injury or even a car accident.

DON'T WAIT UNTIL IT IS TOO LATE!

When an injury develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist soon after an injury develops can help reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

When you are dealing with a knee or hip injury, every step requires more effort than typical. This can really drain your energy level as you attempt to go about doing even basic tasks, such as taking care of your home or walking around the office.

WHAT CAN PHYSICAL THERAPY OR CHIROPRACTIC DO TO HELP?

Physical therapy and chiropractic are not a one-stop cure-all for pain management. This is a long-term solution to pain and suffering through the use of targeted exercises and stretching techniques that are designed

to strengthen the targeted areas and help the body recover and heal. By identifying the exact points on the body that are not moving as they ought to be, it is possible to make a plan to increase flexibility, motion, strength and even improve coordination.

WHO NEEDS PHYSICAL THERAPY OR CHIROPRACTIC?

Are you moving like you should be? Your hips and knees are essential to everyday movement; whether you are sitting, standing, walking or running, you need your hips and knees in great shape. Sometimes, when your hips and knees are in pain, it can cause you to change the way that you are moving, causing you to change the flow and pace of your gait, which is the way that you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

If you've experienced any hip or knee pain and are considering whether physical therapy is a good choice for your health needs, consider the following:

- From a standing position, are you able to lean over and touch your toes? If so, then this indicates that you have proper hip and low back flexibility. If not, then you may need to improve your flexibility and joint range of motion, and physical therapy could be helpful.
- In a sitting position, can you comfortably cross your legs, leaving your ankle to rest comfortably on the opposite knee? If this is painful, or one knee constantly must be lower than the other, then this may be indicative of knee concerns that could be addressed with physical therapy.

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

SAY GOODBYE TO YOUR HIP & KNEE PAIN!

- From a standing position, with your feet planted flat on the floor, can you push your body into a squatting position? You should be able to squat all the way down so that your buttocks are almost touching your heels. If you aren't able to do this, then physical therapy may be helpful in improving your range of motion.
- Standing near a wall or countertop, arrange your feet so that you are standing with the heel of one foot touching the toes of the other, as if on a balance beam, and see how long you can stand still. Can you balance for 10 seconds? If not, then physical therapy may be able to improve balance and coordination.

The goal of any physical therapy or chiropractic program is to restore range of motion and improve flexibility and strength while reducing the general experience of pain. Unfortunately, hip and knee injuries often tend to linger. Every movement relies so heavily on the hips and knees that it makes it difficult to allow these joints to actually rest following an injury. Physical therapy and chiropractic provide targeted exercises that support the joints with precise movements that help reinforce strength and range of motion. For more information, contact us today to learn more about options that will suit your health needs.



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CHIROPRACTIC

PROCLINIX SPRING SPECIAL

40% OFF OF OUR

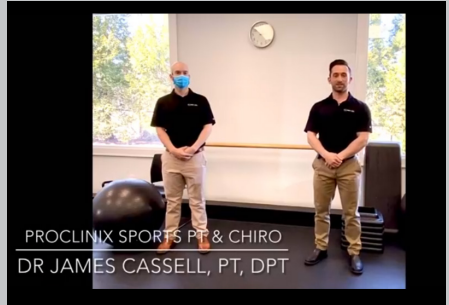
**60 MINUTE FULL TPI SCREEN/ASSESSMENT
& HOME EXERCISE PROGRAM WITH
DR. JAMES CASSELL**



At our Armonk location only. One per client. Must be used by June 30th, 2021.

WHEN YOU ARE READY TO SCHEDULE, PLEASE CONTACT OUR TEAM
914.202.0700 • ADMIN@PROCLINIX.COM

**JOIN US EVERY THURSDAY AT NOON FOR OUR
E-SERIES LIVE STREAMED ON FACEBOOK**



PROCLINIX SPORTS PT & CHIRO
DR JAMES CASSELL, PT, DPT

Join us for our Live Streamed E-Series, where we will have our providers discuss common injuries that we see in the clinic and educate on how to prevent these injuries from becoming more severe (with tips, stretches and exercises that can easily be implemented at home).

Additionally, our experts will help you to identify some red flags and offer general education on when you should seek medical help, whether its with one of our physical therapists, chiropractors, acupuncturists, licensed massage therapists, or a healthcare professional outside of our facility.

Can't join us live? Visit our Facebook page to watch our e-series when you have time!



www.facebook.com/ProClinix/videos

HEAR WHY OUR PATIENTS LOVE US!

"Highly recommend ProClinix. I had a bad ankle break that was supposed to require a MINIMUM of 6 months recovery, and ProClinix had me back on my feet and out running again in closer to 5 months.

The staff are incredibly knowledgeable, pay very close attention to detail, and create personalized workouts and training plans instead of using a one-size-fits-all model. So thankful for the ProClinix team." — C.S.

**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!

HEALTHY RECIPE



SUMMER CITRUS SMOOTHIE

INGREDIENTS

- 1 cup frozen mango chunks
- juice of 1 lemon
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cayenne pepper
- 3/4 cup fresh squeezed orange juice
- 2 teaspoons fresh grated ginger
- 1 small raw red beet, chopped
- 1 cup frozen raspberries
- 1 blood orange or grapefruit, peeled and segmented
- 1/2 cup pomegranate juice
- honey to taste (optional)

DIRECTIONS

In a blender, combine the mango, lemon juice, turmeric, cayenne, ginger, and orange juice. Blend until completely smooth, adding more honey if needed to sweeten. Pour into a tall glass. Rinse the blender out. Combine the beets, raspberries, orange, and pomegranate juice. Blend until smooth and creamy, adding more pomegranate juice if needed to reach your desired consistency. Pour over the mango mixture and stir gently to swirl.

www.halfbakedharvest.com/immune-boosting-winter-citrus-smoothie

STAFF SPOTLIGHT

JOANNA LEDERMAN
LICENSED MASSAGE
THERAPIST



Joanna Lederman has been a licensed massage therapist for nine years. She has worked in a variety of massage venues such as spas, doctors offices, gyms, and private homes. She specializes in deep tissue, trigger point, swedish, and sports massage.

Joanna is pleased to join our ProClinix Healthcare Team because she believes in a collaborative approach of reaching the specific goals of her clients and she utilizes her expertise to assist in the process.

YOU DON'T NEED A PRESCRIPTION!



Save Time



Save Money



Improve Health
Naturally

YOUR BODY, YOUR CHOICE!

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!

EXERCISE ESSENTIALS



STANDING HIP ABDUCTION

Lift one leg out to the side using your side-buttox muscles. Return to the start position with control. Keep your hips level and your back straight! Keep your toes pointed forwards. Repeat each side.