



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

W S L E T T E R

JULY 2021



*ProClinix Dr. Shara Labelson, PT, DPT providing therexs for neck pain and posture correction*

# HOW POSTURE AFFECTS NECK & BACK PAIN

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*What Improving Your Posture Can Do For You • We Are Proclinix And We Are Here For You! • ProClinix Best Of Westchester 2021 Offer!*



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**NEWSLETTER**

JULY 2021

# HOW POSTURE AFFECTS NECK & BACK PAIN



Remember back when your mother used to tell you that if you wouldn't stop hunching your shoulders, they'd be stuck that way forever? An idle threat, one that barely anyone took seriously. Yet, fast forward a few decades and it turns out that mom might have been on to something, after all.

A poor habit of bad posture can have a lasting impact on your neck and back. The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once you start experiencing neck and back pain, simply squaring your shoulders isn't likely to be much help. Working with a physical therapist or chiropractor can help you to train the muscles in your back, neck and shoulders so that you can improve your posture permanently, and in doing so bring relief to your chronic neck and back pain.

## THE POSTURE AND PAIN CONNECTION

Not all back pain is caused by poor posture, and it is true that you can have poor posture for years without feeling the consequences of that slouch right away, but in time the habit is likely to catch up with you. There are certain ways that you can tell if neck or back pain may be a result of poor posture, including:

- The pain in your back is worsened at certain times of day. For example, after you've spent a day at the office, or after a few hours on the couch.
- The pain frequently starts in your neck and moves into your upper and lower back. Pain that seems to travel from one area of the back to another is frequently an indication of posture concerns.
- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.

- Back or neck pain that develops soon after a change in circumstances, such as starting a new job with a new desk chair, or getting a new car.

After years of practicing poor posture, your back, shoulder and neck muscles will likely find standing or sitting with straight posture to be uncomfortable. This is because your muscles have grown accustomed to the slouching, and standing up straight will require some thorough stretching. That doesn't mean that once you have bad posture you can never correct it.

Working with a physical therapist or chiropractor to improve your posture is a great way to overcome chronic neck and back pain. In physical therapy and chiropractic care, you will be guided through a series of stretches and strength building exercises that can help you begin training your body to practice better posture, thereby reducing your back and neck pain.

Of course, there are ways that you can improve your posture at home, as well. Here are several strategies that are typically helpful:

- **Try to stand tall whenever you are standing or walking.** Hold your head high and square your shoulders, but more importantly work on being the tallest version of yourself. Hunching over is the leading cause of poor posture.
- **Use support when you sit to keep your posture correct.** Lumbar support in office chairs and car seats will help a bit, but for improved posture you may need to add additional cushioning that will help you keep your back straight.

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

# WHAT IMPROVING YOUR POSTURE CAN DO FOR YOU

- **Be mindful of how you lift heavy objects.** Keep your shoulders square and your chest forward. When lifting something that is over 50 lbs it is important to take extra care. Lead with your hips and try to keep the weight close to your body. Lifting something improperly can lead to injury to your neck or back, which may make proper posture uncomfortable.

## WHAT CAN GOOD POSTURE DO FOR YOU?

There are a lot of benefits of having good posture. Aside from saying goodbye to neck or back pain, improving your posture can provide several unexpected benefits to your lifestyle and personal well-being. Here are a few of the additional benefits of having good posture:

- Proper posture creates quality exercise for your core and back
- Improved respiratory health
- Added protection for your organs, bones, joints and muscles
- Reduced risk of arthritis

If you are experiencing chronic neck and back pain, there is a good chance that it could be related to your posture. Contact your ProClinix physical therapist or chiropractor to learn more about how you can take steps to start improving your posture today.



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914.202.0700 • [ADMIN@PROCLINIX.COM](mailto:ADMIN@PROCLINIX.COM)

## WE ARE PROCLINIX AND WE ARE HERE FOR YOU!



**Ardsley Office**



**Armonk Office**



**Pleasantville Office**



Our integrative approach is more efficient and effective in meeting our patients and athletes needs. Striving for only the best patient experiences and outcomes.

Since 2010, we have been serving the communities of Westchester, NY with sophisticated diagnostic methods to help determine which services you will benefit from most. Our thorough evaluations lead to successful treatment plans for your pain relief, healing, and future injury prevention needs.

Our experienced team of physical therapists, chiropractors, acupuncturists and massage therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Providing one-on-one individualized and dedicated care aimed toward the achievement of your goals!

## HEAR WHY OUR PATIENTS LOVE US!

"The staff at ProClinix are unbelievable. Not only are they physical therapy magicians who will cure you of your injuries, but they are even better people who constantly make sure your doing well both in and out of the office.

They have done so much for me and allow me to be at 100 percent for all of my athletic events. I am extremely grateful for them and attribute a ton of my on field success to their work." -H.F.

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(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](http://www.proclinix.com)  
to book your appointment today!**

# STAFF SPOTLIGHT

**DR BENNY SALANITRO**  
DPT, PHYSICAL THERAPIST



Dr. Benny Salanitro received his Doctorate of Physical Therapy from Northeastern University in 2016. During his time there, he completed a clinical affiliation with the Athletic Training department at Northeastern University, working primarily with the Men's and Women's rowing teams. Benny has worked with a wide variety of patients of all ages in both Westchester and Fairfield county.

His approach to treatment focuses on functional movement and addressing how each patient moves throughout each joint. Benny is always looking to expand upon his knowledge in the field of Physical Therapy and recently sat for his Orthopedic Certified Specialist examination in 2021. Additionally, Benny is TPI certified and has a strong passion for working with golfers. When he is not treating patients, Benny likes to spend his time staying active with family and friends or on the golf course where he is always looking to improve his game.

## HEALTHY RECIPE



### AVOCADO COCONUT POPS

**INGREDIENTS**

- 2 tbsp sugar
- 1 cup canned unsweetened coconut milk
- 2 ripe avocados, pitted and peeled
- 2 tsp vanilla extract

**DIRECTIONS**

In a blender, pulse the sugar and coconut milk until sugar is dissolved. Add the avocados, vanilla, 3 tbsp water, and a pinch of salt. Purée until smooth. Divide mixture among 6 ice pop molds and insert sticks. Freeze until solid. Enjoy!

Source: <https://www.savoryonline.com/recipes/196071/creamy-avocado-coconut-pops>

## FUN & GAMES: WORD SEARCH

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**WORD LIST**

- activity
- exercise
- manual
- pain
- therapy
- aerobic
- flexibility
- muscles
- relief
- back
- health
- nerve
- spinal

## EXERCISE ESSENTIALS



**SITTING POSTURE**

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.