



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

NEWSLETTER

AUGUST 2021



*ProClinix Acupuncturist & Herablist, Andrea Gurciullo providing cupping and acupuncture to address Low Back Pain*

# FIND RELIEF FOR YOUR **ARTHRITIS PAIN**

**ALSO INSIDE**

Say Goodbye To Your Pain With ProClinix! • Healthy Grilling Swaps To Help Arthritis Pain • **ProClinix Best Of Westchester 2021 Offer!**



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NEW LETTER



FIND RELIEF FOR YOUR  
**ARTHRITIS PAIN**

When you experience an injury, dealing with the pain that comes as part of the aftermath is expected. While painful, most of the time when recovering from an injury you can find comfort in the knowledge that the pain is temporary. As your body heals, as you go through the motions of building your muscle mass back and improving flexibility with physical therapy, you know that in time you will feel like yourself again. This knowledge gives you something to work towards, and helps the pain feel more manageable—even when it is intense, and never-fleeting.

Arthritis pain is different. Arthritis doesn't develop as a result of an injury, but instead develops over time as a result of chronic use, or even as a result of genetic disposition. This can make dealing with the pain of arthritis even more difficult to cope with, as it begs the question: *If the pain is coming from inside the joint, is there anything I can actually do about it?*

**UNDERSTANDING ARTHRITIS PAIN**

Osteoarthritis is the most common chronic condition to affect the joints. Almost 30 million adults in the United States struggle with the condition, and while it can influence anyone of any age, it most frequently develops among those who are most prone to overuse and those who are over the age of 65.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage is what allows the joints in the elbows, ankles, knees and hips to move with freedom. Without cartilage, the bones would rub against one another with each movement, and would cause extreme pain. As the cartilage breaks down, typically, so does the bone, and as the shape of the joint changes it becomes even more difficult for it

to function smoothly. Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

While arthritis pain typically develops gradually, the realization of what you are dealing with can still come as a shock. In some circumstances the pain will appear more abruptly, especially when the pain develops in association with a change in weather or other environmental circumstance.

**OVERCOMING ARTHRITIS PAIN**

Turning to over the counter pain medications to cope with arthritis pain is ineffective as a long-term solution. While some of the medications may provide temporary relief, they will not help you overcome the pain for good. Physical therapy, chiropractic medicine, acupuncture, or massage therapy, on the other hand, can provide actual relief from arthritis by helping to rebuild strength in the joints through targeted movements and flexibility exercises.

There is a lot of current research trying to understand what precisely causes arthritis to develop in some people, and not in others. Everyone uses their joints every day, and while it makes sense that so much pressure would cause pain to develop over time, it doesn't explain why the pain develops when and where it does, and why it happens to some people and not to others.

**ANTI-INFLAMMATION AND ARTHRITIS**

One leading form of arthritis treatment is with the use of anti-inflammatory medication. Certain types of arthritis develop as a result of a build-up of inflammation in the body.

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

# SAY GOODBYE TO YOUR PAIN WITH PROCLINIX!


*(Continued from outside)*

Specifically, the tendons and ligaments become inflamed as a result of an internal attack from the immune system, which is typically triggered by some combination of environmental factors. Avoiding certain foods and movements can reduce inflammation, and thereby reduce pain.

## PROCLINIX CAN HELP YOUR ARTHRITIS PAIN!

Physical therapy, chiropractic medicine, acupuncture, or massage therapy is highly recommended for the treatment of arthritis because it can strengthen and support the joints through guided practice of movement and strength building exercises. Typically, the best activities for arthritis pain are low-impact activities. Working with a physical therapist, chiropractor, acupuncturist and/or massage therapist is the best way to ensure that you are practicing the best techniques for overcoming your discomfort.

There is a long list of home remedies that are said to help with arthritis pain as well, and there is some credibility to some of these concepts. For example, losing weight, exercising regularly, and making some dietary changes such as reducing caffeine and sugar consumption are said to help alleviate pain associated with arthritis. However, before you start making any changes to your lifestyle, it is best to consult with a ProClinix professional. **For more information about how to rid your life of arthritis pain, contact us today!**



**Stop letting pain keep you from a healthy, active lifestyle! Visit us online at**  
**WWW.PROCLINIX.COM**  
**And make your pain a thing of the past!**

## FUN & GAMES: SUDOKU PUZZLE

**Directions:** Place the numbers 1 to 9 in the empty squares so that each row, each column, and each 3x3 box contains the same number only once.

	5				6		8	
	8	6		3	5		1	
	4		8					
5				1	9			3
3			5	4				9
					1		3	
	3		2	7		1	4	
4		7					5	

## HEALTHY GRILLING SWAPS TO HELP ARTHRITIS PAIN

### MAIN DISHES

*Instead of greasy burgers, brats and hot dogs, try ...*

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

### CONDIMENTS

*Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...*

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients—olive oil, basil and sundried tomatoes— are loaded with anti-inflammatory properties.

### SIDE DISHES

*Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...*

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

## HEAR WHY OUR PATIENTS LOVE US!

"The whole staff at ProClinix does a great job, but I am incredibly grateful to have had treatment for a shoulder injury with Dr. Tyler Fallon. Tyler is a treasure! He was clear and thorough when explaining the injury and treatment to me, so I felt motivated to follow through on the plan because I understood his rationale.

In addition, he looked beyond the fall that caused the injury and taught me how to make modifications to my posture and form that have made my shoulder stronger -- and have made me a healthier, happier person as I apply those modifications at the gym and throughout my everyday life. Thank you, Tyler and ProClinix!" — V.S.

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

## WHATEVER YOUR NEEDS, PROCLINIX CAN HELP!

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 at (914) 202-0700 or visit our website at [www.proclinix.com](http://www.proclinix.com) to book your appointment today!

## STAFF SPOTLIGHT

### ANDREA GURCIULLO L.A.C. ACUPUNCTURIST, MTOM



Andrea Gurciullo, LAc, MTOM is a licensed and board certified Acupuncturist and clinical Herbalist. She has been in practice for over two decades. She is a Westchester native and graduated Magna Cum Laude from the Pacific College of Oriental Medicine in San Diego, CA.

A global expert in the treatment of pain and sports injuries she also specializes in infertility. Andrea has always been passionate about helping women to conceive as well as maintain a healthy pregnancy. Andrea has studied under leading Physicians that specialize in the treatment of infertility and gynecological disorders.

Her other specialties include: weight loss, anxiety, depression, eye disorders, digestive disorders and addiction.

### HEALTHY RECIPE



### SKINNY ORANGE CREAMSICLES

#### INGREDIENTS

- 2 cups unsweetened Greek yogurt
- 1 cup pineapple chunks
- 1 orange
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

#### DIRECTIONS

In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

### PROCLINIX BEST OF WESTCHESTER OFFER!

AS A THANK YOU FOR VOTING US  
BEST OF WESTCHESTER,  
PLEASE ENJOY A

# \$50 CREDIT

TOWARDS ANY MASSAGE OR  
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One time use, one per person. Must use by 12/31/21.

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

### EXERCISE ESSENTIALS



#### HIP ADDUCTION - SIDELYING

Lie flat on your side. Place a rolled towel between your waist and the floor, directly above your hips. Position your bottom leg in line with your trunk. Bend your top knee and place your foot flat on the ground directly in front of your bottom knee. Lift your bottom foot as high off the ground as you can, keeping your knee straight. Relax your leg back to the start position.