



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

**N E W S L E T T E R**

**NOVEMBER 2021**

**DON'T MISS OUT ON YOUR  
INSURANCE BENEFITS!**  
(DETAILS INSIDE)



*PICTURED ABOVE: LICENSED MASSAGE THERAPIST — ROWENA PANLILIO, LMT PERFORMING  
SOFT TISSUE TREATMENTS FOR NECK AND UPPER BACK PAINK*

# **FIND RELIEF FOR YOUR ACHES AND PAINS**

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# NEWSLETTER

NOVEMBER 2021



## FIND RELIEF FOR YOUR ACHES AND PAINS

Everyone develops aches and pains from time to time. After a long day out in the sun, or after an afternoon of trying to keep up with household chores, sometimes the tasks that we expect of our bodies can get the best of us.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day in your shoes, or a crick in your neck that just won't go away, dealing with aches and pains can really take a toll on your overall feeling of wellbeing. If you stopped and asked around, you'd be amazed to see how many people are struggling with aches and pains, just like you. What may surprise you even more is how many people are coping with those pains without doing anything productive about it.

### HOW TO DEAL WITH ACHES AND PAINS

Pain medications can reduce the severity of aches and pains for a little while, but they don't do anything to resolve the issue. There are things that you can do at home that can alleviate your aches and pains, helping to reduce the severity of your discomfort while also reducing the likelihood that the pain will return.

Don't just complain about those aches and pains. Start doing something about them. Here is a quick rundown of things that you can do at home that can reduce your daily pain:

#### 1. Use hot and cold therapy appropriately to reduce inflammation.

After a good workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts on and off for 20 minutes at a time during the first 24-72

hours after the pain develops. After that, consider soaking in hot water, such as taking a warm bath, to further soothe your muscles.

**2. Don't underestimate the power of resting!** Your body relies on sleep just as much as your brain. You need to get plenty of sleep to keep your stress level at a minimum—and that includes your physical stress level. Aim to sleep between 7-9 hours every night. The more activity you engage in, the more sleep you need.

**3. Keep your body in good shape with regular exercise.** It may seem counterintuitive to cut down on pain by moving more, but exercise is a really good way to reduce aches and pains. When you exercise every day, you are able to train your muscles for more movement, and thereby reduce aches and pains.

Keeping active, staying rested, and being smart with hot and cold therapy create a trifecta for healthy management of aches and pains, but they aren't going to solve the bigger problems. When aches and pains start to grow severe, or chronic, then it is time to reach out to a professional for support. Physical therapy, chiropractic care, massage therapy and acupuncture are the best way to reduce aches and pains because it takes into account a combination of active and passive strategies to help tackle the cause of your pain.

### WHY PHYSICAL THERAPY, CHIROPRACTIC CARE, MASSAGE THERAPY, AND ACUPUNCTURE?

There are a lot of different reasons as to why you may start feeling aches and pains. Muscle pain will occur whenever your muscles

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

# SAY GOODBYE TO YOUR BACK PAIN FOR GOOD!

start to grow. To build more muscle mass, your muscles have to stretch, and lactic acid can pour into the lining of your muscles to cause a burning sensation. More movement will push that acid out, helping you to experience relief, and in time your muscles will develop increased elasticity, and the burning won't be so severe. Build-up of tension from stress or overuse, and muscle pain from poor posture can also contribute to regular pain. A physical therapist, chiropractor, acupuncturist, or massage therapist can take a comprehensive assessment to help determine what may be the primary cause behind your aches and pains.

Working with a physical therapist, chiropractor, acupuncturist, or massage therapist can help you develop a new approach to managing your aches and pains. Your physical therapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching and targeted movements to help you experience ongoing relief from regular discomfort. Give us a call so we can help you say goodbye to your aches and pains.



## DON'T WAIT TO SEE YOUR PHYSICAL THERAPIST

The past year and a half has been very taxing in many ways, both mentally and physically. People are working from home now more than ever before due to the pandemic and it has started to take its toll. Physical Therapy is a great option to alleviate some of these aches and pains and it may be easier to make an appointment than you think; it's called "Direct Access" and it takes some of the stress out of the process.

In the past, patients were required to see a Physician and get a prescription in order to see a Physical Therapist. This understandably made it more difficult, due to this additional step, and most likely made people push off getting therapy due to the inconvenience. But in January 2015, all 50 states adopted "Direct Access," (with certain restrictions based on the state) which allows patients to see a Physical Therapist without a prescription, thus eliminating that extra step. Healthcare is expensive, as we all know too well, so if a patient can seek physical therapy services without excessive tests and referrals from specialists, costs can be cut significantly.



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**PCX** Stop letting pain keep you from a healthy, active lifestyle! Visit us online at [WWW.PROCLINIX.COM](http://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.

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

## HEAR WHY OUR PATIENTS LOVE US!

"I truly cannot thank the staff at proclinix enough. Tyler, Elan and Andrea were absolutely the best. They genuinely care about their patients and are very professional/knowledgeable. I would recommend this group to anyone!" – A.V.

**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!

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US BEST OF WESTCHESTER,  
PLEASE ENJOY A

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*One time use, one per person.  
Must use by 12/31/21.*

WHEN YOU ARE READY TO SCHEDULE,  
PLEASE CONTACT OUR TEAM!

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

## STAFF SPOTLIGHT: ROWENA PANLILIO, LMT



Rowena Panlilio graduated from the Finger Lakes School of Massage in November 2012 and she has been an NYS Licensed Massage Therapist since January 2013. In 2013-2014, Rowena received a recognition award in Westchester for Massage Therapist of the Year. Rowena is thoroughly trained in Thai Massage & Shiatsu for both the floor and table. Additionally, she is trained in the deep feet massage technique to be able to accomplish a different level of relaxation.

Rowena has extensive experience working with Healthcare professionals, such as physical therapists, chiropractors, and occupational therapists, where she utilizes her massage training and experience for pain management and injury recovery in conjunction with treatments provided by other Healthcare providers. In her free time, Rowena loves to walk, cycle, swim, and travel whenever possible.

## HEALTHY RECIPE: PEANUT BUTTER OAT BALLS



### INGREDIENTS

- 1 cup quick oats
- 1/2 cup peanut butter
- 1 Tbsp. ground flax seed
- 2 Tbsp. wheat germ
- 1/3 cup honey
- 1/2 cup mini chocolate chips

### DIRECTIONS

Mix all the ingredients together either in a mixing bowl with a spoon or a Kitchen-Aid mixer with paddle attachment. Place mixture in refrigerator for about 15 minutes, or until chilled enough to roll into balls without being too sticky. When chilled and not as sticky, roll into balls and place on a piece of parchment paper on a plate and place in refrigerator, until set. Place balls in an airtight container in the refrigerator and eat at your leisure.

## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy, chiropractic care, massage therapy, and acupuncture! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? Call us today at phone number to schedule an appointment with one of our team members. We'll guide you to affordable treatments that will place you one step closer to pain relief.