



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

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

**JANUARY 2022**



# GET BACK IN THE GAME!

*HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY*

*PICTURED ABOVE: DR. AMANDA NOTLEY-KIM, PT, DPT - PHYSICAL THERAPIST ADDRESSING SHOULDER PAIN ON THE PATIENT WITH A LABRAL TEAR*

**ALSO INSIDE**

How Physical Therapy Can Help With A Sprain Or Strain Injury  
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**NEWSLETTER**

JANUARY 2022



# GET BACK IN THE GAME!

## HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Are you an athlete with a nagging knee injury? Did you hurt your shoulder throwing too many pitches and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Our team of physical therapists excels at knowing how to deal with an injury and how to prevent them as well!

Call ProClinix today to make an appointment. With guidance from our sports physical therapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

### WHAT ARE THE MOST COMMON SPORTS INJURIES?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason for people seeking help.

It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when to rest and when to keep playing. Our physical therapist will use an injury assessment to help athletes and families determine if a sprain or strain needs intervention. Identifying injuries early allows for an "active recovery" to assist the athlete return to sports rather than waiting to do nothing or hope it gets better on its own.

### WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND A STRAIN?

#### SPRAINS:

A sprain occurs when the ligament is stretched or torn. Sprains are caused by trauma like rolling your ankle on rough ground or being hit by an object or tackled by someone.

These events will cause the joint to move out of its normal range of motion resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.

#### STRAINS:

A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring). Strains are due to non-contact injuries, such as those that arise from overstretching.

The recommended treatment for a strain is the same as for a sprain. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. And if necessary for recovery more quickly and efficiently, our Chiropractic, Acupuncture or Massage Therapy services can be recommended and integrated in your plan of care. For a more severe tear, surgery may be necessary.

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

# HOW PHYSICAL THERAPY CAN HELP WITH A SPRAIN OR STRAIN INJURY

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

We will start with an injury assessment to help determine if the athlete needs intervention. Identifying injuries early allows for an "active recovery" to assist the athlete return to sports rather than waiting to do nothing (passive recovery).

Your physical therapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our physical therapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

## WHAT CAN YOU EXPECT IN PHYSICAL THERAPY

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

- Sleep is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
- Foam rolling is an effective way to warm up tissue without negatively affecting performance.
- Strength training can keep the joints supported and the muscles and tendons resilient.
- Nutrition matters. A well-balanced diet is the best approach to assist us in staying in the game!
- Hydration is essential for recovery and injury prevention.

Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

## CONTACT US FOR AN APPOINTMENT

At ProClinix, At ProClinix, our Physical Therapists, Chiropractors, Acupuncturists and Massage Therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.



## JOIN US ON YOUTUBE!

Check out our Youtube channel to stay up to date with what's going on at ProClinix! We include videos covering topics such as exercises, meet the experts, patient testimonials and more!



**Scan the QR Code at right to be directed to our page! Start of 2022 by taking control of your life! Schedule an appointment TODAY!**

*Scan to visit our page!*



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## FOLLOW US ON FACEBOOK!

We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more!

**Don't miss out— follow us today!**



[www.facebook.com/ProClinix](https://www.facebook.com/ProClinix)



*It's a new year, which means it's time for a new you! Take control of your health in 2022! Visit us online at*

[WWW.PROCLINIX.COM](http://WWW.PROCLINIX.COM)

*And make your pain a thing of the past!*

## ANOTHER 5 STAR REVIEW!



"Five stars isn't enough but it's all I can give! Brian and his entire staff at ProClinix is off the charts – professional, attentive, caring and thoroughly focused on their patient's needs. Its not normal to look forward to PT, but I knew every visit was getting me that much closer to getting back to pain free activity. Thank you ProClinix!" – A.F.

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

# COMING SOON TO THE JCC In January 2022!

## ProClinix Physical Therapy Services by Shara Labelson, DPT



- ✓ Pre & Post Surgical Care
- ✓ Repetitive Stress & Sports Injuries
- ✓ Spine & Musculoskeletal Conditions
- ✓ Arthritis & Osteoarthritis Conditions

## 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
- Home PT
- Acupuncture
- Chiropractic services
- Massage Therapy
- And more!

Let us help you live a more active life!

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

Harold & Elaine  
Shames Jewish Community Center  
on the Hudson



## Make this year count!

The Shames JCC on the Hudson welcomes people of all ages, backgrounds, faiths, genders, sexual orientations, and abilities.

Bring this ad in for a  
**FREE 3-Day Pass**

Offer Expires 2.28.2022



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Shames Jewish  
Community  
Center  
on the Hudson  
371 S. Broadway  
Tarrytown, NY  
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Experience our:  
State-of-the-art Fitness Center,  
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Pickleball, and more!



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