



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

DECEMBER 2021



THE CONNECTION BETWEEN YOUR **NECK PAIN & HEADACHES**

*WELCOMING DR REBECCA LARRIS, DC & DR DANNY JACOBS, PT, DPT TO OUR
BEST OF WESTCHESTER TEAM!*

ALSO INSIDE

Live Free From Pain With ProClinix! • Season's Greetings From
The Team At ProClinix! • Service Spotlight • Meet The Team



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

DECEMBER 2021

NECK PAIN BETTER



THE CONNECTION BETWEEN YOUR NECK PAIN & HEADACHES

Headaches have a bad habit of making their appearance at the most inconvenient times. The middle of the workday, early in the evening when you have hours of responsibilities ahead of you, or even first thing in the morning when you are trying to pay attention to your morning meeting — headaches don't care how important the work ahead of you is. When they start, they are hard to stop.

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents, to stress and allergies, headaches happen to the best of us. However, there are some headaches that may be a bit more predictable than others. Factors like your posture, the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk for experiencing regular headaches because of the intricate network of nerves and muscles in your neck.

WHEN NECK PAIN LEADS TO HEADACHES

The majority of the time, neck pain starts out as a seemingly small concern. A crick in your neck here or there may start to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily. It isn't always the result of something large. While being in a car accident or experiencing another sort of injury can definitely lead to chronic neck pain, the cause of the issue isn't always as simple to identify. Sometimes it is a bad habit that you don't really think twice about, like your habit of watching TV as you fall asleep, keeping

your neck at an odd angle as you rest for the evening, or maybe as a result of your posture as you type at your desk every day, hunched over at the shoulders with your neck catching the brunt of your slouch.

These poor habits are common, and most of us consider them to be harmless. Sure, you know it isn't great for you, but what is actually going to happen? It's a lot easier to slouch as you type, and who doesn't want to catch a few late-night laughs as they fall asleep? But the reality is that these seemingly irrelevant habits could be putting undue stress on your neck, and if you aren't careful, this could translate to regular and uncomfortable headaches that are difficult to get rid of.

THE PROBLEM WITH POSTURE

Working with a physical therapist, chiropractor, massage therapist, or acupuncturist can help you to identify whether or not your headaches may be the result of neck pain or strain. One of the most common causes of headaches due to neck pain is forward head position. Forward head position means that when you are resting your head, you are continuing to hold your head slightly forward, which is a type of slouching position.

You can identify whether or not you have a forward head position by standing straight against the wall and determining whether or not your head rests against the wall as your back does. If your head does not touch the wall when you are standing straight, then you aren't fully standing up straight!

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

LIVE FREE FROM PAIN WITH PROCLINIX!

As years go by and day after day you continue to hold your head in this forward position, you can start to experience pain as a result of strain in the muscles of the neck.

When this is an issue, working with a physical therapist, chiropractor, massage therapist, or acupuncturist may be able to help. Stretching the muscles in your neck to alleviate neck strain can reduce the severity and regularity of your headaches. Stretching the muscles that have grown tight along the back of your neck as well as those along the shoulders can help you find relief from the tension that is causing your pain.

When dealing with neck pain, it is important to remember that safety has to come first. While there are many simple activities you can try at home to begin stretching your neck muscles, working with a physical therapist, chiropractor, massage therapist, or acupuncturist is the only way to ensure that you are stretching in a way that won't potentially lead to greater injury. For more information, 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!

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



MEET THE TEAM

MEET DR. REBECCA LARRIS, DC, CHIROPRACTOR



Dr. Rebecca Larris is extensively trained in Diversified Chiropractic Adjustments, Flexion-Distraction Therapy, & Soft-Tissue Mobilization Techniques.

Dr. Rebecca Larris Specializes In:

- Sciatica, Radiculopathy, & Herniated Discs
- Headaches / Migraines
- Acute & Chronic Neck or Back Pain
- Joint pain in the arms or legs
- Repetitive sports injuries & conditions
- TMJ & trigger point / tension-related conditions
- Prenatal & Postnatal care
- Nutrition Implementation for Health & Wellness

Dr. Rebecca is treating patients in our Pleasantville & Ardsley Locations.

MEET DR. DANNY JACOBS, PT, DPT, PHYSICAL THERAPIST

Dr. Danny Jacobs' Doctorate of PT & BA in Kinesiology makes him a *movement expert*. Dr. Jacobs has clinical experience working with patients of all ages, successfully treating various injuries & conditions, such as:

- Sports & repetitive stress injuries
- Pre & Post orthopedic surgical rehabilitation
- Spine & musculoskeletal conditions
- Sciatica, Radiculopathy, & Herniated Discs
- Headaches / Migraines
- Acute & Chronic Neck or Back Pain which can include spasms & trigger points



SERVICE SPOTLIGHT

ACTIVE RELEASE TECHNIQUES



Active Release Techniques (ART) are a soft tissue method that focuses on relieving tissue tension via the removal of fibrosis/adhesions which can develop in tissues as a result of overload due to repetitive use.

Soft tissue injuries can be a painful experience. ProClinix Sports Physical Therapy & Chiropractic offers certain physical exercises that help relieve such injuries in a smooth yet effective way. We undertake the Active Release Technique (ART) as a highly effective therapeutic treatment for injuries of soft tissues that include muscles, tendons, ligaments and nerves. **For more information, request an appointment from ProClinix Sports Physical Therapy & Chiropractic and see if ART would benefit you.**



SEASON'S GREETINGS FROM THE TEAM AT PROCLINIX!

Our clinic just wanted to thank our patients for your continued support and business in 2021. We have worked hard this year to continue to provide the community with the best multidisciplinary services that we can offer.

Continuing into 2022, we will strive to continue to provide excellent care to the community through all of the wide ranges of services that we offer – tele-health, acupuncture, massage therapy, home physical therapy, chiropractic services, and much more! We hope that you and your family have a healthy, warm, and uplifting holiday season. All the best as the calendar turns to 2022!

With deep gratitude,
ProClinix Team

PROCLINIX BEST OF WESTCHESTER OFFER!



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

\$50 CREDIT

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

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

914.202.0700 •

ADMIN@PROCLINIX.COM

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 to book your appointment today!

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



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC