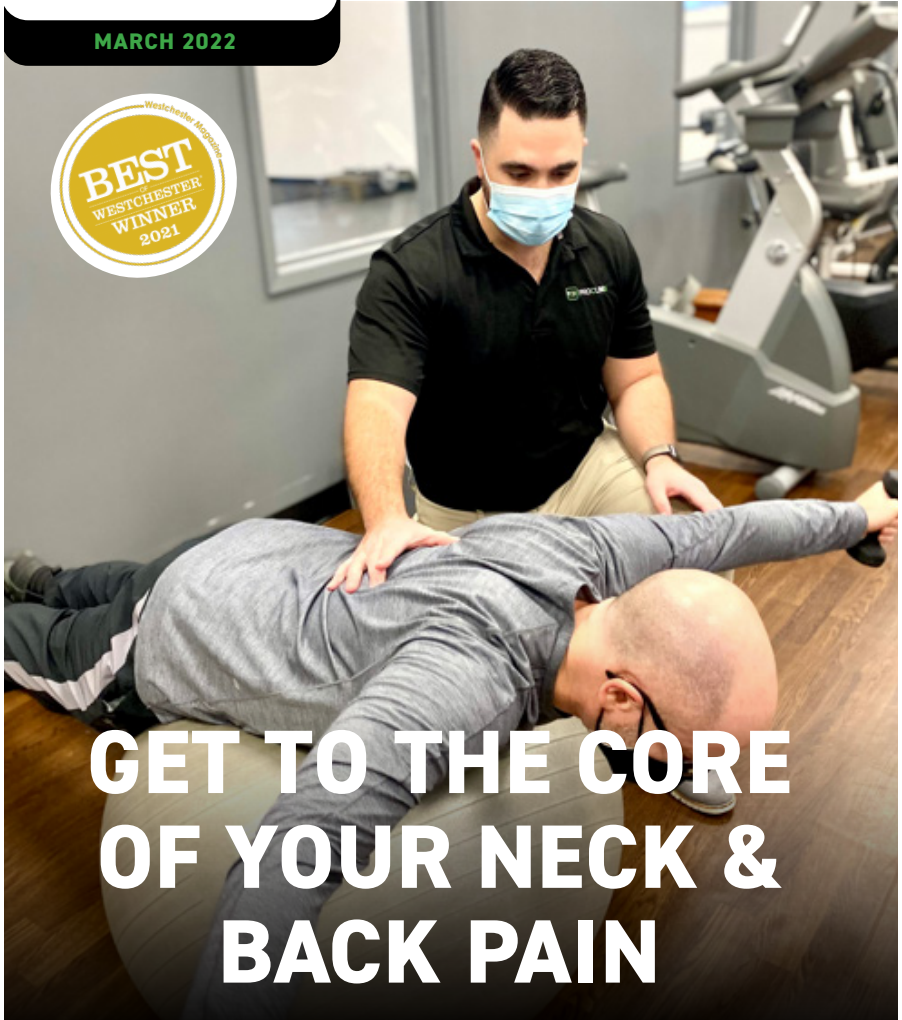




PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

MARCH 2022



GET TO THE CORE OF YOUR NECK & BACK PAIN

*PROCLINIX DR BENNY SALANITRO, PT, DPT - PHYSICAL THERAPIST STRENGTHENING
AND STABILIZING UPPER BACK TO SUPPORT AND PATIENT'S RELIEVE NECK PAIN*

ALSO INSIDE Strengthen Your Core For Better Overall Health!
Let's Talk About Back Pain & Hip Flexors • Healthy Recipe



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NEWSLETTER

MARCH 2022



GET TO THE CORE OF YOUR NECK & BACK PAIN

Back and neck pain are two of the most common issues that American adults experience, putting a huge physical and economic burden on working Americans by being both two of the leading needs for medical intervention and two of the most common causes people have to miss work. While these may feel like two separate issues, it is somewhat common that neck pain and back pain are actually related. Core strength can have a huge impact on your overall health and wellness, and when your core is weak, it could add up to weakness in your neck and back.

NECK PAIN 101

There are a lot of reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work or even practicing poor posture. One of the biggest problems with neck pain is that it often triggers headaches, as the pain is so closely connected to the spine and nervous system. What is more, addressing neck pain is sometimes difficult as there is so much potential to cause more damage to the neck. This is why working with a physical therapist, chiropractor, acupuncturist, or massage therapist to address neck pain is wise. A physical therapist, chiropractor, acupuncturist, or massage therapist can help treat neck pain by improving range of motion, using targeted massage techniques, and by improving strength

as needed. For example, in many situations, neck pain can be treated by improving core strength.

BACK PAIN 101

Severe back pain impacts more than half of the population, and many of those with pain in the back as a result of injury end up dealing with that pain long term. One of the biggest problems with back pain is that once it develops, it is difficult to work around it, and many people begin modifying their movements as a result, causing their back to compensate for the injury by putting pressure on other muscles that eventually just leads to more back pain. For this reason, back pain can frequently become a Catch-22 — avoiding the things that hurt your back could actually lead you to develop more pain in the future. Working with a physical therapist, chiropractor, acupuncturist, or massage therapist is the best way to cut your back pain issues in half. Physical therapy, chiropractic, acupuncture, and massage therapy can address back pain by helping to improve your range of motion, strengthen the muscles in your back and surrounding areas, and by using targeted massage to reduce tension. In many situations, working with a physical therapist, chiropractor, acupuncturist, or massage therapist to improve core strength can significantly reduce the severity of your back pain.

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



STRENGTHEN YOUR CORE FOR BETTER OVERALL HEALTH!

CORE STRENGTH AND BACK PAIN

You may be surprised how frequently issues with the neck and back actually stem from issues with core strength. Your core refers to the muscles that make up your torso, including your abdomen.

These muscles are called the core because they are at the center of your body, and they are necessary for just about every action that you engage in. Everything from walking and running and swimming to sitting and driving requires you to engage your core.

There are a lot of reasons to improve core strength outside of any existing neck or back pain. When you improve your core, you are likely to also improve your posture and thereby reduce your risk of developing further back pain in the future. Furthermore, the exercise that helps to improve core strength is often helpful in promoting weight loss, and for those who are overweight, this could also help reduce pain in the neck and the back.

Sometimes, when your core is weak, it can cause you to experience added pressure on areas like your neck and back. There are a lot of ways that working with a physical therapist, chiropractor, acupuncturist, or massage therapist can help you improve your core strength. You may be encouraged to practice core exercises, for example, which may include abdominal crunches or leg lifts. Light weight-training activities are also frequently helpful, as are balance-based activities like yoga.

If you haven't spent much time building core strength in the past, then working with a physical therapist, chiropractor, acupuncturist, or massage therapist is a great place to start. Your physical therapist will guide you through proper postures and movements to reduce further risk of injury. For more information about how to start improving your core, contact us today.

Take control of your health in 2022!

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WWW.PROCLINIX.COM

And make your pain a thing of the past!

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!

Scan to visit our page!

HEALTHY RECIPE SICILIAN EGGPLANT CAPONATA

INGREDIENTS

- 3 tbsp golden raisins
- 1/2 tsp red wine vinegar
- 2 tbsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tbsp chopped drained capers
- 1/4 tsp crushed red pepper
- 2 tbsp chopped fresh mint



DIRECTIONS Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

LET'S TALK ABOUT BACK PAIN & HIP FLEXORS

**CHECK OUT OUR
FACEBOOK PAGE!**

Read about our patient successes, meet our team, learn new home exercises, discover new ways to social distance and enjoy New York, and more!



Back pain can have causes that aren't due to underlying disease. Examples include overuse such as working out or lifting too much, prolonged sitting and lying down, poor posture, or wearing a poorly fitting backpack.

One muscle group that can greatly affect our backs are our hip flexors. A large percentage of the population has dysfunctional hip flexor muscles as a result of poor posture, faulty biomechanics, sitting too much and/or stress. This can lead to pain in not only the lower back area, but the knees, ankles and feet as well.

The picture features one of our Chiropractors, Dr Stefanie Tropea, DC who is treating tight hip flexor muscles with Active Release Techniques (ART). ART is also known as the gold standard of soft tissue treatment. It is a 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. In addition to ART, Dr Stefanie will treat back pain with chiropractic adjustments to the restricted joints, if necessary. And lastly will include rehab stretches and exercises to lengthen, strengthen, and stabilize!

For more information about Dr Stefanie or our other providers and services - contact our team today!

**TO WATCH THE VIDEO OF DR STEFANIE RELEASING THIS PATIENTS
HIP FLEXORS WITH ART - SCAN THE QR CODE BELOW**



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ASSESSMENT

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don't wait any longer! Book your **FREE** assessment today!*

One time use, one per person. Must use by 3/31/22

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

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**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!

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

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