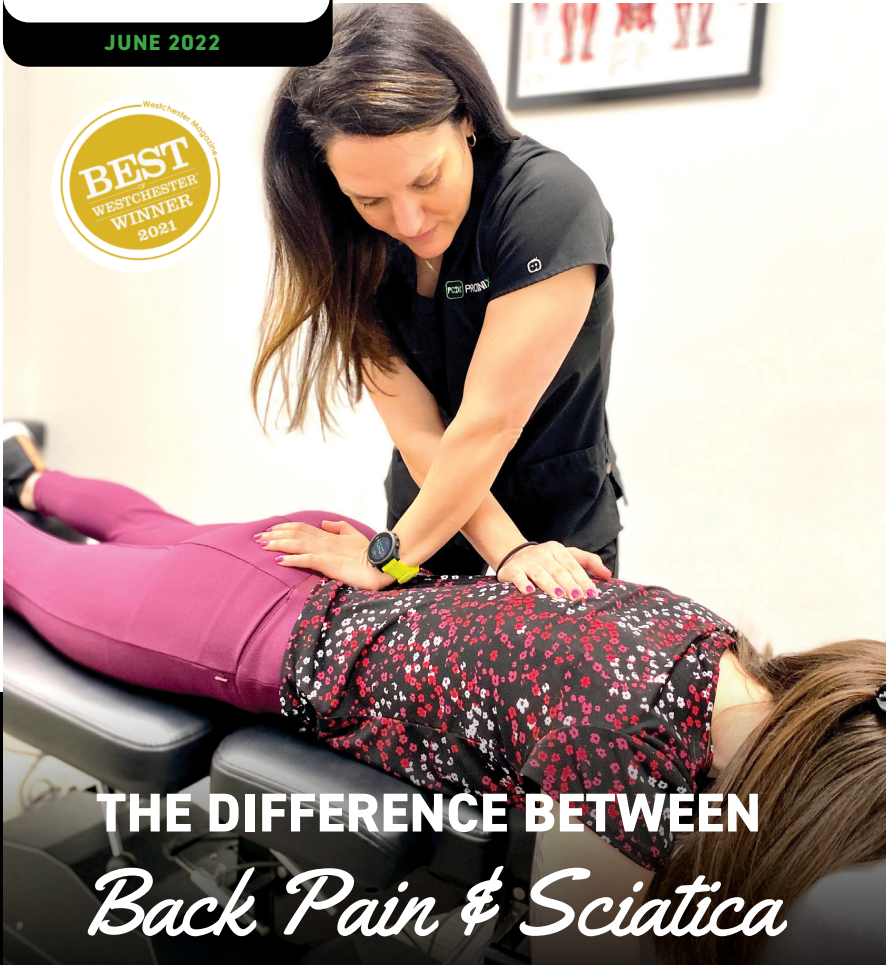




PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

JUNE 2022



THE DIFFERENCE BETWEEN *Back Pain & Sciatica*

ProClinix Dr Stefanie Tropea, DC providing manual traction for low back pain and sciatica

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NEWSLETTER



THE DIFFERENCE BETWEEN

Back Pain & Sciatica

UNDERSTANDING THE DIFFERENCE BETWEEN BACK PAIN AND SCIATICA

One of the biggest problems with back pain is that it persists. One day it is here; the next day, it is gone. Not understanding why it comes or how to make it go away will lead many people to deal with back pain for years on end without seeking help. Being educated about your back pain can help you make the right choices to overcome it as quickly as possible.

Back pain is pain felt in the lower back and buttocks. The different mechanisms do not change the essential characteristic defining lower back pain; it is felt in the lower back and/or lower back and buttocks. Typically, back pain develops due to strain or sprain, prolonged postures, or sometimes for no apparent reason.

Often people are told they have sciatica when they experience pain in the buttock, but sciatica is a different classification and has its characteristics. Sciatica is often a debilitating condition resulting from compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. It can be so severe that people struggle to do everyday activities.

Sciatica pain develops in the nerves that exit the spinal canal and travel into the legs, and so while the pain itself technically starts in the back, the experience of the pain is felt in the leg(s). What's

more, sciatica pain doesn't always develop like pain in traditional ways. Sciatica can be tingling, numbness, and weakness in the leg(s).

HOW OUR INTEGRATED TEAM CAN HELP YOU FIND RELIEF

If you are experiencing back pain or sciatica and haven't talked to one of our physical therapists, chiropractors, acupuncturists, or massage therapists about your concerns, then now is the time to take action. Working with our team at ProClinix can help you understand what you are dealing with and, most importantly, how to resolve it once and for all!

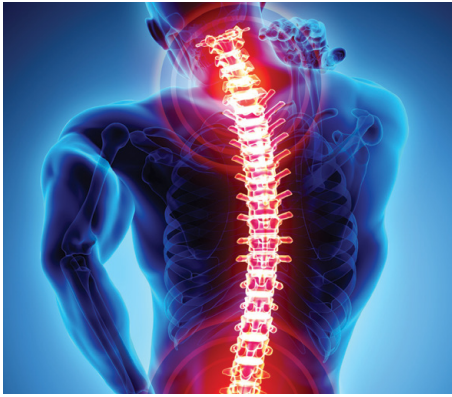
Whether you come to our clinic with lower back pain or sciatica, we will perform a thorough physical examination and collaborate to provide you with solutions that work based on the finding.

Education

Understanding what you are experiencing and how to manage it can help you be proactive and find a solution. Understanding what is going on and, more importantly, what you can do about it, is one of the most effective solutions. It may seem insignificant, but it turns out to be one of the most important steps toward a solution. Our physical therapists, chiropractors, acupuncturists,

Cc

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



Continued from outside >>

and massage therapists work together to make sure you have the information you need to be successful!

Manual therapy

Each member of our team uses manual therapy techniques for patients with back pain and sciatica. Manual therapies include a variety of methods, including joint mobilizations and manipulations that move one or more joints within normal ranges of motion to improve spinal joint motion or function.

Our physical therapists and massage therapists will use soft tissue techniques like therapeutic massage, trigger point releases, and other techniques to help to alleviate pain and allow for more mobility and improved function.

Exercise therapy

Supervised exercises are vital to a successful outcome. Supervised exercise therapy includes targeted mobility exercises, proper postural exercises, nerve mobilization, or strength exercises. Our physical therapists and/or chiropractors will tailor your workouts, monitor you, and progress based on your individual needs.

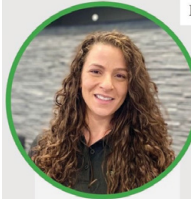
Working with our integrated team is, hands down, the best thing you can do when you are looking to overcome back pain or sciatica. Our physical therapists, chiropractors, acupuncturists, and massage therapists will work together to identify the cause of the back pain/sciatica and present you with helpful strategies to reduce your pain, strengthen your back and improve your function.

CALL OUR CLINIC TODAY

If you're experiencing back pain or sciatica, don't wait. Call ProClinix today and schedule your first appointment to assess your condition and get the guidance you need to get back to life!

STAFF SPOTLIGHT

Welcoming Elena Mocuiski, LMT
to Our ProClinix **Best of Westchester** Team!



Elena Mocuiski - Massage Therapist

- ✓ Pain Management & Injury Recovery
- ✓ Acute or Chronic Neck / Low Back Pain
- ✓ Headaches & Migraines
- ✓ Connective Tissue Therapy
- ✓ Sports or Deep Tissue Massage
- ✓ Prenatal & Postnatal Massage
- ✓ Muscle Spasms or Trigger Points
- ✓ Stress Reduction & Relaxation

Contact us to schedule your massage with Elena in our Ardsley or Pleasantville Locations!

ACCEPTING The Empire Plan / NYSHIP for massage therapy services



**NEW LOCATION COMING
SOON TO LARCHMONT!**

1385 Boston Post Road
Larchmont, NY 10538
P: 914.639.3999
JUNE 2022

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!

MEET OUR PATIENT OF THE MONTH (POM)!



ProClinix Patient of the Month from left to right - Dr Stefanie Tropea, DC, Joe Urrico (POM), & Dr Benny Salanitra, PT, DPT, OCS

As an avid runner, I have had my share of injuries and ProClinix has been there to pick me up every time. They helped me recover from a calf injury on two separate occasions, and most recently helped me achieve a lifetime running goal by running in the Boston Marathon. I was about 9 weeks out from the Marathon and could not even run a single mile due to some pretty nasty lower back/sciatica pain. I worked with Stefanie and Benny to combine traditional physical therapy with ART (Active Release Therapy) and they got me up and training again. Not only did I complete the marathon, I was able to pick up the pace and finish strong for the final 5 miles! From the front desk to the therapists, everyone in the ProClinix family is knowledgeable, positive, friendly, and passionate about their job. Would highly recommend!!

*Sincerely,
Joe Urrico*

**SCHEDULE YOUR
APPOINTMENT
TODAY!**

Scan the QR Code to request an appointment and start your journey towards your best self!



**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 to book your appointment today!

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

Take control of your health in 2022!

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