



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

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

**JULY 2022**



# DETERMING THE ORGINS *Of Your Pain*

*ProClinix - Tyler Fallon, PT, DPT Physical Therapist & Clinical Director of our Pleasantville Location*

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**NEW LETTER**



# DETERMINING THE ORIGINS *Of Your Pain*

## UNDERSTANDING YOUR PAIN

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physical therapist, massage therapist, chiropractor, or acupuncturist can help you.

When you meet with a specialist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your physical therapist, massage therapist, chiropractor, or acupuncturist will likely want to know:

How long you've been experiencing your symptoms

Where it developed and where is it currently

What makes your pain better and what makes it worse

Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our specialists will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physical therapist, massage therapist, chiropractor, or acupuncturist.

Working with a specialist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.

## HOW PHYSICAL THERAPY, MASSAGE THERAPY, CHIROPRACTIC CARE, AND ACUPUNCTURE CAN HELP YOU FIND RELIEF

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your specialists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows your physical therapist, massage therapist, chiropractor, or acupuncturist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our specialists will focus on providing the most effective

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



**Continued from outside >>**

strategy for relief. This systematic approach allows your physical therapist, massage therapist, chiropractor, or acupuncturist to outline your path to recovery in a predictable way.

The main emphasis of physical therapy, massage therapy, chiropractic care, and acupuncture is education about the likely source of your pain and instruction on effective techniques for relief. Our goals include:

- Reduce pain quickly through targeted movements/stretches
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

While our physical therapists focus on reducing your pain and increasing your mobility so you may maintain an active lifestyle, chiropractic care can restore spinal alignment and uninterrupted nerve flow to the rest of your body, enhancing your overall health.

Many find they recover faster and sustain wellness longer when integrating chiropractic care with other specialties like physical therapy and massage therapy.

Acupuncture has also been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more!

Our integrated approach can help reduce and hopefully eliminate the need for medications by addressing the root cause of your pain and injury. We are dedicated to helping you resolve your issues and improve your overall health and well-being!

**CALL AND MAKE AN APPOINTMENT TODAY**

Our specialists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call ProClinix Physical Therapy Chiropractic today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

# PRACTICE SPOTLIGHT

**WE THANK YOU** for your confidence in us and for the opportunity to take care of you and your family!

We will continue to make sure that every patient feels they have made the right choice in selecting us. It is our greatest priority to provide the *exceptional care you deserve!*

We are here for you and we thank you again for your trust, support and help in naming us **The Best of Westchester for 2020, 2021 & NOW 2022!**

- Your ProClinix Healthcare Team



## 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: Rebecca Barrett**

*"I began my experience at ProClinix with a referral from my doctor. I had no idea what to expect; I was only hoping it wouldn't be too painful.*

*The Physical Therapist, Shara, helped me tremendously. Her knowledge and expertise encouraged my recovery and led me to using my arm with full range of motion. The same is true of my experience with my knee. Both my shoulder and knee received a complete replacement, so it was quite an extensive rehab. Katie, the Physical Therapist Assistant, encouraged me to go from routine exercises to confidence building to full range of motion and functional ones. The same can be said of Katie's expertise.*

*Although the experience could be painful at times, it was all well worth it. I could never have done it without these therapists putting me back together!"*

*-Rebecca Barrett (Tarrytown Physical Therapy Patient)*

**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!**

**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.proclinx.com](http://www.proclinx.com) to book your appointment today!**

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