



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

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

**AUGUST 2022**



# PROVEN TREATMENTS FOR *Low Back Pain Relief*

*ProClinix - Dr James Cassell, PT, DPT showing a core strengthening exercise to address back pain*

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- How PT Can Help You Find Relief
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**LETTER**

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# PROVEN TREATMENTS FOR *Low Back Pain Relief*

Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At ProClinix Sports Physical Therapy Chiropractic, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point. It is estimated that 80% of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

At ProClinix Sports Physical Therapy Chiropractic, we are experts at treating lower back pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained specialists!

## LOWER BACK PAIN IN THE UNITED STATES

Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults in the US said lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite the lack of evidence, opioids are still being used to alleviate back pain.

The health-care costs for adults with spinal problems have been progressively increasing and were estimated at over \$6000 per person with chronic lower back in 2005, with a total cost of \$102 billion. Unfortunately, many of those financial resources go into dealing with back pain through pain management and medication, but that is not an effective long-term solution for dealing with back pain.

A further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain. The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist, chiropractor, massage therapist, or acupuncturist could significantly improve their outcomes!

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

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## HOW PHYSICAL THERAPY, CHIROPRACTIC CARE, MASSAGE THERAPY, AND ACUPUNCTURE CAN HELP YOUR BACK PAIN

Physical therapy, chiropractic care, massage therapy, and acupuncture are excellent resources for lower back pain because they address the cause of the pain rather than simply attempting to hide the symptoms.

Working with a physical therapist, chiropractor, massage therapist, or acupuncturist can help you experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies.

According to the evidence on back pain, physical therapy, chiropractic care, massage therapy, and acupuncture treatments are effective for acute and chronic conditions.

Physical therapy treatments that are most effective for lower back pain include:

- Manual therapy
- Joint mobilization/manipulations
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- Addressing the fear some may experience related to back pain
- Techniques like the McKenzie Method and Therapeutic Yoga

One of the many advantages of therapeutic massage is that it aids in the natural healing process of your tissues, allowing you to recover more quickly and return to your daily life. It works to relax, loosen, and mobilize any problematic areas, allowing you to recover as quickly as possible.

When pain reduces your mobility, the pressure on the affected area can become more severe – causing a vicious cycle of increased pain and decreased mobility. Chiropractic care can help reverse this. Chiropractic adjustments help to increase mobility in the affected area, thus reducing pain and enabling a greater range of motion.

Reach out to one of our specialists for information and support overcoming lower back pain, and finally, find long-term relief.

## CONTACT PROCLINIX SPORTS PHYSICAL THERAPY CHIROPRACTIC FOR AN APPOINTMENT

At ProClinix Sports Physical Therapy Chiropractic, our physical therapists, chiropractors, massage therapists, and acupuncturists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities.

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

# SERVICE SPOTLIGHT

**Acupuncture** is one of the oldest forms of physical therapy, and it is still widely practiced today. Once a form of Eastern medicine that was unique to physicians who specialized in Asian medicinal practices, acupuncture has grown greatly in popularity, especially over the past century, and has been recognized within Western medical research as being a highly effective tool for supporting injury recovery, mobility issues, and in treating chronic pain.

One highly effective use for acupuncture is the treatment of muscle tension. There are many reasons as to why muscle tension may become a personal health issue. In some situations, muscle tension will develop after extreme bouts of emotional stress, but other causes are more physical in nature. A sports injury or a car accident can cause a muscle to become tense, especially following a larger injury. Other times, repeated motions can cause muscle tension to develop. This includes regular lifting, typing, and other household tasks.

While an especially common complaint in the lower back and neck, muscle tension can develop anywhere. Too many people attempt to turn to medicinal pain management to ease tension in the muscles, but this is not a long-term solution, and many pain management medications have unpleasant side effects that make taking them long-term unwise or even impossible.

Muscle tightness is something of a vicious cycle. It both causes pain on its own, and further results in other parts of the body tensing up in anticipation of that pain. Many patients find acupuncture helpful for both decreasing pain and relaxing the body overall. Working with our licensed acupuncturist Andrea Gurciullo to address muscle tension is the most effective way to take long-term action in overcoming this concern.

**Scan the QR Code on your smart phone to learn more about our acupuncture and dry needling services.**



## 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!*

# NEW LOCATION



**COMING SOON TO LARCHMONT**  
**@1385 BOSTON POST ROAD**  
**Opening Mid July**

**CELEBRATE BOW 2022 WITH US!!**  
CHOOSE ONE BEFORE DECEMBER 31, 2022

**ENJOY A \$50 CREDIT OFF**  
A 60 MINUTE MASSAGE OR  
A 60 MINUTE ACUPUNCTURE SESSION

One per person, for current or previous patients  
Have until 12/31/22 to use this offer  
\*No gift certificates available for this offer\*



**Take control of your health in 2022!**  
**Visit us online at**

**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 ProClix 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 914.292.0208 or  
visit our website at  
[www.proclinux.com](http://www.proclinux.com) to book  
your appointment today!

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