



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

NEWSLETTER

SEPTEMBER 2022



PUT OSTEOARTHRITIS PAIN *In The Past!*

ProClinix Licensed Massage Therapist Rowena Panlilio

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PUT OSTEOARTHRITIS PAIN *In The Past!*

As we all age, our bodies experience a certain "wear and tear" on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, usually developing with age.

Osteoarthritis can certainly take a toll on one's body, resulting in achy or painful joints after exercise, after a long day on one's feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think- by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you've already used these joints a multitude of times. Therefore, it isn't surprising that pain can occur in them over time.

If you believe you may be experiencing Osteoarthritis, give one of our physical therapists, chiropractors, massage therapists, or acupuncturists a call today to discuss pain relief. Our multidisciplinary team can help you unlock the tools you need to resume a life uninhibited by pain.

WHY DO WE EXPERIENCE OSTEOARTHRITIS?

While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren't very active.

Your cartilage works hard to protect your joints by absorbing the natural shocks that your body experiences on a daily basis. Therefore, much of your likelihood regarding Osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in.

Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. As cartilage wears down, Osteoarthritis becomes much more common.

As Osteoarthritis progresses, more symptoms can arise. The most common symptoms are:

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.

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

Continued from outside >>

- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus- also referred to as a "cracking or crunching" feeling when moving the joint(s), or the sound of bone rubbing on bone.

HOW CAN PHYSICAL THERAPY, CHIROPRACTIC CARE, MASSAGE THERAPY, AND ACUPUNCTURE HELP OSTEOARTHRITIS?

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical therapy, chiropractic care, massage therapy, and acupuncture are some of the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions.

If you have arthritis, don't fret- there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution.

Physical therapy, chiropractic care, massage therapy, and acupuncture can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution.

The benefits of chiropractic care extend beyond just the back and neck. By using varying degrees of force to adjust misaligned joints, chiropractors attempt to improve the relationship between the spine and nervous system, which affects the health of the entire body.

While there is no cure for osteoarthritis, acupuncture and massage therapy can help with pain management as well as symptoms like swelling and inflammation. These two therapeutic modalities also aid in the preservation of mobility.

Our specialists are trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility.

Don't settle for a life of aches and pains- physical therapy, chiropractic care, massage therapy, and acupuncture can get you back on your feet and doing the activities you used to love! If you are suffering from Osteoarthritis, give us a call today- we can get you back to living your best, most pain-free life.



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SEASONAL RECIPE

SLOW-COOKER JAMBALAYA



INGREDIENTS

- 1 lb boneless, skinless chicken breast, cut into bite-size pieces
- 4 oz smoked turkey sausage, chopped
- 3 cups chopped fresh collard greens
- 1 ¼ cups chopped green bell pepper
- 2 stalks celery, thinly sliced (1 cup)
- ¾ cup chopped onion
- 1 (28 oz) can no-salt-added crushed tomatoes, undrained
- 1 tbsp quick-cooking tapioca
- 4 cloves garlic, minced
- 1 tsp dried thyme, crushed
- 1 tsp crushed red pepper
- 8 oz frozen peeled & deveined medium shrimp, thawed
- 2 cups hot cooked brown rice
- Chopped fresh parsley

DIRECTIONS Combine chicken, sausage, collard greens, bell pepper, celery, and onion in a 3 1/2- or 4-quart slow cooker. Stir in tomatoes, tapioca, garlic, thyme, and crushed red pepper. Cover and cook on Low for 5 to 6 hours or on High for 2 1/2 to 3 hours. If using low setting, turn to High. Stir in shrimp. Cover and cook for 30 minutes more or until shrimp are opaque. Serve over hot cooked brown rice. Sprinkle with parsley.

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)!



Patient of the Month Jackie Ledesma & Dr Michael Donnelly
(ProClinix Armonk Physical Therapist)

"I injured my back in June and I was unable to sing without pain, let alone take deep breaths or rotate my shoulders back. With the help of Michael Donnelly and the amazing ProClinix team, not only am I able to sing more comfortably, but I am also getting stronger and have better posture; allowing me to sing for longer periods of time. I would recommend ProClinix to any performing artist—they are really invested in your success on and off the stage. Thank you Mike and team!"

-Jackie Ledesma

WELCOMING MATT NIEVES, ATC TO THE TEAM



Matt received his Bachelor of Science degree in Athletic Training from Marist College in Poughkeepsie, NY. During his time there he completed a variety of clinical rotations including Secondary School, Division 3 Athletics, Division 1 Athletics, Division 1 Football and Outpatient Physical Therapy. **Matt is the Certified Athletic Trainer for Pleasantville High School, as well as working with the Physical Therapists at ProClinix.**

Matt uses his experience that he has collected from his rotations in addition to his experience as a collegiate rugby player to help patients individually work towards their goals. Matt is passionate about helping others reach and improve their performance levels both on and off the field.

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 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 914.292.0208 or visit our website at www.proclinix.com to book your appointment today!

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