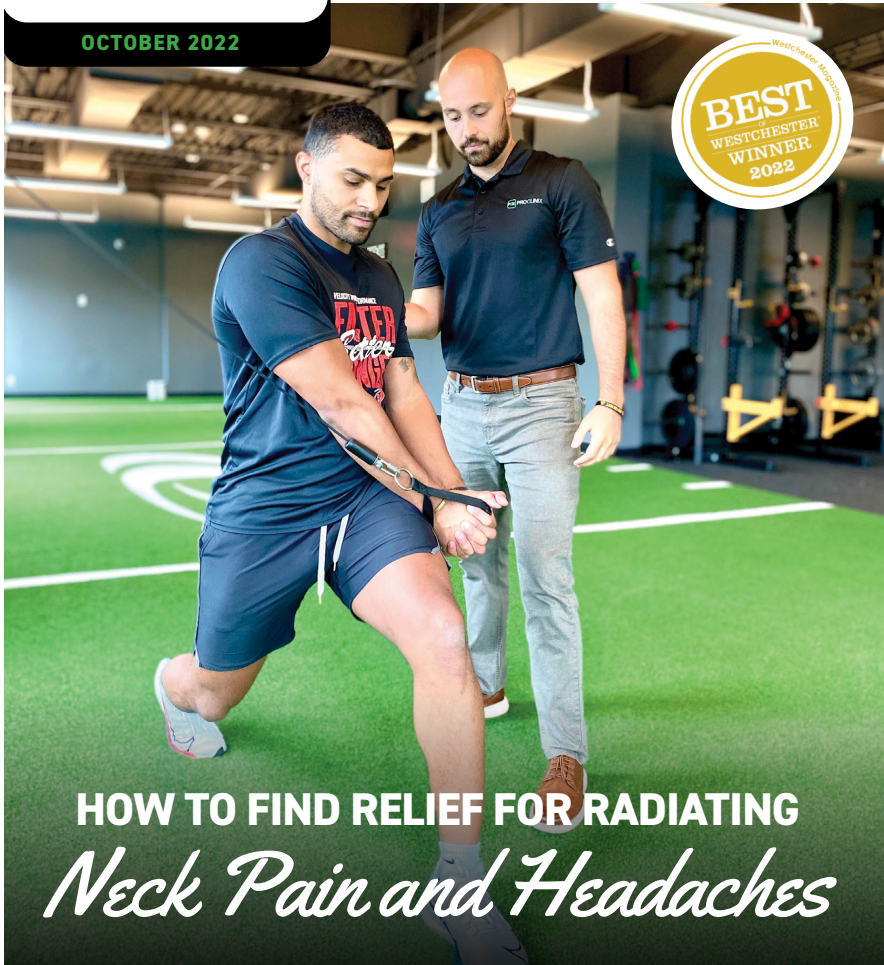




PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

OCTOBER 2022



HOW TO FIND RELIEF FOR RADIATING *Neck Pain and Headaches*

ProClinix Dr Todd Benevento, PT, DPT, CSCS Physical Therapist having his patient do a chopping motion for specific core strengthening

ALSO INSIDE

- What Causes Radiating Neck Pain And Headaches?
- Save the Date • Practice Spotlight



PROCLINIX
SPORTS PHYSICAL THERAPY
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NEWSLETTER

OCTOBER 2022



HOW TO FIND RELIEF FOR RADIATING *Neck Pain and Headaches*

Do you have neck pain that seems to trigger headaches? Have you noticed that the worse your headaches are, the stiffer your neck and upper back get? At ProClinix Sports Physical Therapy Chiropractic, our therapist will help you figure out the connection between headaches and neck pain, and more importantly, how to find relief!

Neck pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge. Making it through a day sitting at a desk becomes a nightmare. Carrying groceries or attempting to pick up your child when they are upset becomes impossible to do without pain.

Some of these tasks are more difficult to get around than others, and, depending on how the pain is impacting your life, the stress of having to go through extra steps to make basic things happen can get out of hand.

The good news is that with guidance from our physical therapists, chiropractors, massage therapists, and acupuncturists, you can find solutions to your pain and find out how to manage your headaches. Call ProClinix Sports Physical Therapy Chiropractic today to learn how to help you live the life you want, with less pain!

WHAT CAUSES RADIATING NECK PAIN AND HEADACHES?

Neck pain is one of those types of pain that is difficult to work around. Neck pain will frequently radiate up into the base of

your skull and into your head. Once neck pain begins to turn into headaches, attempting to concentrate becomes exceedingly difficult.

There are a large number of culprits that could be behind your experience of neck pain, including accidents, such as a car accident or a slip-and-fall accident. One of the most common ways to trigger pain in your neck that radiates to the head is through weightlifting or other sports-related injuries.

Sometimes what causes your neck pain is a bad habit that you don't think twice about, like watching TV at the end of a long day, keeping your neck at an odd angle as you enjoy your favorite show. Or maybe your headache/neck pain starts from your posture as you type at your desk every day hunched over.

We usually consider these poor habits to be harmless. But the reality is that they could be putting undue stress on your neck, and if you aren't careful, this could translate to a pinched nerve.

When neck pain develops due to a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine-like headaches. The pinched nerve can radiate from the neck into the skull and can cause severe pain.

The cause of the issue isn't always as simple to identify. Working with a physical therapist, chiropractor, massage therapist, or acupuncturist at ProClinix Sports Physical Therapy Chiropractic

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

Continued from outside >>

can help to clarify the source of the pain and, more importantly, the solution.

HOW PHYSICAL THERAPY, MASSAGE THERAPY, CHIROPRACTIC CARE, AND ACUPUNCTURE HELPS RADIATING NECK PAIN AND HEADACHES

The good news is that there is a lot you can do to support the healthy operation of your neck, thereby reducing the severity or frequency of your neck pain.

When you visit us, your neck pain will be addressed holistically, taking into consideration the initial injury that may have caused the pain to develop and any other habits, movements, or compensations that may contribute to the discomfort.

We'll use strategies like manual therapy, targeted stretching, and strengthening exercises to reduce neck pain. Most of these strategies can be adopted as a home program to help you address your neck pain when it's bothering you the most.

Adopting healthier habits can have a significant impact on your management of neck pain. These include:

- Practicing improved posture
- Using lumbar support in your desk chair and car
- Exercising regularly
- Engaging in yoga or Pilates

One of the primary goals of our treatment is to address whole-body well-being by encouraging improved overall health. In many situations, this includes improved flexibility and range-of-motion training, muscle building and strength training, and activities that reduce your stress, including walks or meditation.

Depending on your condition, you may be prescribed therapeutic massage. This describes any massage treatment used to relieve pain, reduce stress, and work on a specific problem.

Our body is made up of connective tissues like muscles, tendons, and ligaments, which are also known as soft tissues. Therapeutic massage is used to impact these tissues and help an athlete function at their highest potential. The goal of therapeutic massage is often to free up restrictions that may be inhibiting these tissues from functioning normally.

The best way to be free of neck pain is to prevent it from developing. The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. The intelligent thing to do is to consult a physical therapist, massage therapist, chiropractor, or acupuncturist as soon as possible!



VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!
WWW.PROCLINIX.COM

NEW LOCATION

GRAND OPENING

OPEN NOW IN LARCHMONT
@1385 BOSTON POST ROAD

MEET OUR NEW LARCHMONT TEAM!



Andrea Gurciullo, L.Ac., MTOM
Acupuncturist & Herbalist



Dr. Todd Benevento, PT, DPT, CSCS
Physical Therapist



Lumi Azha, LMT
Licensed Massage Therapist



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!

PROCLINIX PATIENT APPRECIATION OUTING

SAVE THE DATE

OCTOBER 17 2022

SHOTGUN AT 2 PM

On Course Golf Contests
Golf Clinic for New Golfers 3:30 pm
Food & Beverage after Golf on the Terrace

TO REGISTER

Email ramarosa@proclinux.com

Be sure to join us for this complimentary event for our ProCliniX Patients - hosted at The Summit Club in Armonk



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We are honored to host our 1st Annual Patient Appreciation Day! This is our thank you to YOU - our patients and communities for your consistent support & trust. Please read image for more details about our **Patient Appreciation Day & how to register**. Our healthcare team is looking forward to this opportunity to show our gratitude & play a round of golf with you! **(That's right - this is your chance to play with some of our staff, so let's see whatcha got!)**



Scan the QR Code to RSVP Today!

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.proclinux.com to book your appointment today!

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