



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

NOVEMBER 2022



PROVEN TREATMENTS TO HELP
Alleviate Pain!

Dr Joe Recchia, DC, ATC - ProClinix Chiropractor in Ardsley & Larchmont explaining to this patient about his herniated disc injury during his comprehensive evaluation

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NEWSLETTER

NOVEMBER 2022



PROVEN TREATMENTS TO HELP *Alleviate Pain!*

Do you feel back pain getting out of bed each morning? Is it difficult to move your arms and legs without feeling achy and sore? Does it feel like your pain is holding you back? At ProClinix Sports Physical Therapy & Chiropractic, our integrated team of physical therapists, chiropractors, acupuncturists, and massage therapists will work together to ensure your progress and help you feel better again!

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to get stiff and sore - this is often why the mornings are typically the hardest for people experiencing these symptoms.

How you live your daily life can also factor in everyday aches and pains. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are common and can be challenging to overcome.

Conversely, persistent pain is common if you have sustained an injury or strain from an overly-active lifestyle. Despite the different causes, our integrated team of specialists is here to help. Our team's primary focus is on helping you achieve your highest level of comfort and restoring your function to your peak potential.

Call ProClinix Sports Physical Therapy & Chiropractic today, and let us help you feel better again!

WHY DO WE ACHE?

There are common but often overlooked reasons for our aches and pains.

- Doing too much too soon
- Not doing enough, long enough

Overexertion is a common reason for achiness or pain. For example, after deciding to start up a new jogging routine, on the first day, you push yourself because you think you should be able to do that amount or you used to be able to do it. But your body wasn't used to it or ready for it, so the following day, you wake up with sore legs and feet.

Your legs were overworked, and your muscles got irritated and sore, called "Delayed Onset Muscle Soreness." It is also possible for the joints to be painful and possibly inflamed from doing too much, resulting in sore legs!

On the other end of the spectrum, persistent inactivity is too much. Our bodies were designed to move, and when we are sedentary for long periods and/or day after day, we often experience achy muscles and stiff, sore joints.

For example, many people noticed that getting stuck working on the computer leads to aches and/or soreness, especially in the neck and lower back. Prolonged sitting is not good for your body or your overall health.

Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day. Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

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

Continued from outside >>

Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's essential to consult our integrated team as soon as you notice pain and, even more importantly, when your aches and pains persist.

HOW OUR INTERDISCIPLINARY TEAM CAN PROVIDE RELIEF FROM YOUR PAIN

A consultation with our physical therapists, chiropractors, acupuncturists, and/or massage therapists will allow you to address the issues that you're facing thoroughly. It is always better to figure out the cause of your pain early on rather than wait until it worsens and severely interferes with your daily life.

Our therapists, chiropractors, and acupuncturists will take a thorough history of your condition at your initial assessment and then take you through a physical examination to assess how you respond to specific movements and postures.

Our assessments help clarify and classify what treatment strategies will help you resolve the aches and pains once and for all. From there, we will create a personalized treatment plan for you, addressing your specific needs.

Our plan will likely include research-backed pain relieving manual techniques and methods from our physical therapists, chiropractors, and massage therapists, including:

- Joint mobilizations or manipulations
- Deep tissue massage
- Trigger point release
- Myofascial release

Acupuncture is an effective way to find immediate relief, and recent research has shown that it can also help with long-term improvements in pain management.

Our team will recommend targeted stretches, strengthening exercises, and other treatments to help you find relief and improve your overall function and well-being. One of the most beneficial aspects of an integrative approach is that we will collaborate with our team members to ensure you get the results you deserve.

We will teach how and why your body responds to activity or inactivity, how important nutrition is, and specific treatments for your overall health and well-being.

We feel it is essential that both our integrated team and yourself are on the same page from the very beginning to understand how our therapies will help resolve your pain.

REQUEST AN APPOINTMENT AT PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC TODAY!

Call ProClinix Sports Physical Therapy & Chiropractic today for a comprehensive assessment and to learn the steps you can take to alleviate your pain once and for all.

Say goodbye to your daily aches and pains with our integrated team of specialists!

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

WWW.PROCLINIX.COM

HERE IS A PROCLINIX UPDATE ABOUT YOUR END OF YEAR BENEFITS

NOW until the end of the year, is the **BEST** time to schedule especially if deductibles have been met! And depending on your benefits, copays maybe minimal to no cost to you!

Contact our team to find out your eligibility at 914.202.0700



*Give the Gift of a Gift
Certificate This Season!*



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 taking control of your life!



*Scan to visit
our page!*

NEW TO THE PROCLINIX TEAM!

Your Best of Westchester Team Welcomes

Dr Joe Recchia, DC, ATC, Chiropractor &
Dr Stephanie Kim, DNP, FNP-c, Doctor of Nursing Practice

Chiropractic



Dr. Joseph Recchia, DC, ATC

Dr. Joseph Recchia, DC, ATC graduated from *Marist College* earning a **Bachelor of Science** degree in Athletic Training in 2016. He went on to earn his **Doctor of Chiropractic** degree from Palmer College of Chiropractic in FL. Dr. Recchia's hands on experience with treating athletes has allowed him to gain the expertise

and knowledge in a wide variety of acute, subacute, & chronic injuries.

Specializes in Treating:

- Headaches
- Acute and Chronic Neck or Low Back Pain
- Sciatica, Radiculopathy, & Herniated Discs
- Neuromusculoskeletal conditions that involve pain or dysfunction

Dr. Recchia prides himself on taking a *holistic approach to each individual patient in developing their own specific treatment plan*. He is committed to relieving pain by utilizing scientifically proven chiropractic techniques to help each other individual patient live a healthier, happier, and pain free life.

Dr. Recchia's got your back!

Doctor of Nursing Practice & Certified Family Nurse Practitioner



Dr. Stephanie Kim, DNP, FNP-c

Dr. Stephanie Kim is a **Family Nurse Practitioner** who received her *doctorate degree at Rutgers University*. She has had the opportunity to practice in a variety of specialties which include:

- Orthopaedics (including Trigger Point & Pain Relieving Injections)
- Internal & Functional Medicine
- Weight Management
- Aesthetics (including Botox & Fillers)

In addition, she has served as an Assistant Professor to teach undergraduate nursing research at a University.

Having been in healthcare for over a decade, she understands the importance of compassion and empathy in her care. She believes in a holistic and well-rounded approach for her patients.

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!

CALL US TODAY! 914.292.0208



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

Take control of your health in 2022!

Visit us online at

WWW.PROCLINIX.COM

And make your pain a thing of the past!