



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

DECEMBER 2022



HOW LOWER BACK AND NECK PAIN
Are Connected

*ProClinix Dr Michael Donnelly, PT, DPT manual stretching
this patient with a rotator cuff repair*

ALSO INSIDE

- How Pain in the Spine is Connected to Your Neck
- Season's Greeting From ProClinix • Welcome To The Team



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NEWSLETTER

DECEMBER 2022



HOW LOWER BACK AND NECK PAIN *Are Connected*

Have you noticed the more your lower back bothers you, the worse your neck feels? Have you ever noticed pain in your lower back when turning your neck? The interconnected joints of your spine require an integrated team to get to the root cause of your issues. At ProClinix Sports Physical Therapy Chiropractic, our Physical Therapists, Chiropractors, Acupuncturists and Massage Therapists work together to help you resolve your pain and address the entire spine!

Lower back pain will affect up to 80% of adults, and 70% will experience neck pain that interferes with daily activities. For some people, both back and neck pain is present, and one aggravates the other.

The spine is a complex series of joints that must coordinate to allow us to function normally. Our spines require proper posture, flexibility, coordination, and strength, to do their job correctly. If one of these elements is altered or limited in any way, your spine will typically emit painful responses in other nearby parts of the body. Understanding what these symptoms mean is where our integrated team excels!

Our ProClinix Sports Physical Therapy Chiropractic team will guide you through the most effective solutions to your pain and teach you how to prevent future episodes. Request an appointment with our integrated team today!

HOW PAIN IN ONE AREA OF THE SPINE IS CONNECTED TO ANOTHER

The spine is a complex system of joints, muscles, tendons, cartilage, ligaments, and nerves where movement in one region influences movements in another. Unfortunately, this interconnectedness can lead to breakdowns in one area, creating pain and dysfunction in another location at any time.

Pain is our body's alarm system and can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck comes with mobility restrictions that interfere with normal daily functioning and our overall quality of life.

Many of us don't realize how much we use our spines daily, for even the most basic tasks, until we have pain and can't do them anymore. Even simple things, such as reaching up or down to grab something out of the cupboard or looking over your shoulder, requires precise coordination of the entire spine.

When your motion is limited in your neck, lower back, or any area of the spine, your body compensates by twisting more in another region than it usually would allow you to complete the task. These alterations to our normal movement patterns can cause pain or limitations in related areas of the spine or even the limbs that impair your ability to complete the activity.

If you are experiencing neck pain, back pain, or a combination of both, our integrated team would be more than happy to meet

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



Continued from outside >>

with you for a consultation to discuss how they can work together to help you find relief.

WHAT TO EXPECT AT PROCLINIX SPORTS PHYSICAL THERAPY CHIROPRACTIC SESSIONS

Our ProClinix Sports Physical Therapy Chiropractic team will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas. Physical Therapists, Chiropractors, Acupuncturists and Massage Therapists are trained to evaluate the spine. These specialists will assess the strength and joint movement to help identify the root of your problem.

Together with our acupuncturists and massage therapists, our spine specialists will design a specialized treatment plan based on your specific needs. We will incorporate various manual techniques, targeted stretches, strengthening, and pain relief techniques to address your limitations.

Our acupuncturists are highly skilled at helping our patients find quick and lasting pain relief. We believe that collaboration between our whole team will help you get the results you deserve. At ProClinix Sports Physical Therapy Chiropractic, our integrated team has the same end goal as you – to get you feeling better!

After performing a thorough assessment and creating our treatment plan, our team will teach you how to avoid future problems by focusing on strategies for spine health. For example, we will emphasize the following:

Limit Sitting For Too Long: Prolonged sitting is not suitable for your back or your overall health. Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Use Good Posture: Our spine is designed to move, which means our posture should also move. But when you need to sit or stand for long periods, find a "good" posture.

For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out -- lifting you up -- keeping your hips, spine, shoulders, and neck aligned.

Stay active: One of the most important steps you can take on your own is to stay active and/or exercise regularly. Movement is the key to spine health. Our team will teach you mobility and strengthening exercises you can do on your own at home or progress to a gym.

REQUEST AN APPOINTMENT TODAY!

Visit ProClinix Sports Physical Therapy Chiropractic for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back or neck pain, call us today!

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

WWW.PROCLINIX.COM

SEASON'S GREETINGS FROM THE TEAM AT PROCLINIX!

Our clinic just wanted to thank our patients for your continued support and business in 2022. We have worked hard this year to continue to provide the community with the best multidisciplinary services we can offer.

Continuing into 2023, we will strive to continue to provide excellent care to the community through all the wide ranges of services that we offer – tele-health, acupuncture, massage therapy, home physical therapy, chiropractic services, and much more! We hope that you and your family have a healthy, warm, and uplifting holiday season. All the best as the calendar turns to 2023!

With deep gratitude,
ProClinix 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 taking control of your life!

Scan to visit our page!

WELCOME TO THE TEAM

Welcoming Sara Zimbard, LMT
to Our ProClinix **Best of Westchester** Team!

ACCEPTING The Empire Plan / NYSHIP for massage therapy services



Sara Zimbard - Massage Therapist

- ✓ Pain Management & Injury Recovery
- ✓ Acute or Chronic Neck / Low Back Pain
- ✓ Headaches & Migraines
- ✓ Connective Tissue Therapy
- ✓ Sports or Deep Tissue Massage
- ✓ Competition or Training Recovery
- ✓ Muscle Spasms or Trigger Points
- ✓ Stress Reduction & Relaxation

Scheduling massage appointments NOW in our LARCHMONT LOCATION!
@ 1385 Boston Post Road (2nd Floor)

(914) 639-3999 or email admin@proclinix.com

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!

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!

**CALL US TODAY!
914.292.0208**



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