



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

NEWSLETTER

JANUARY 2023



WE HAVE THE SOLUTION FOR YOUR
Daily Pains & Aches

*ProClinix Chiropractor Dr Joseph Recchia, DC, ATC
addressing low back and mid back pain on the patient*

ALSO INSIDE

- What's Causing My Aches and Pains?
- Release Your Jaw Pain • ProClinix Health iQ



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How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel like your body is moving in slow motion, with your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, our multidisciplinary clinic is here to help. At ProClinix Sports Physical Therapy Chiropractic, our sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

WHAT'S CAUSING MY ACHEs AND PAINs?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been

much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult with one of our experts if your aches and pains persist.

6 SIMPLE TIPS FOR PAIN RELIEF

- 1. Sleep!** - This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.
- 2. Stay hydrated** - Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80%

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



RELEASE YOUR JAW PAIN!

Experiencing Jaw Pain? Active Release Techniques Combined with Chiropractic Care & Physical Therapy Can Help.

By: Dr Stefanie Tropea, DC

Your jaw aches. It locks up. You hear clicking and crunching when you open your mouth. Chewing hurts. You can't open your mouth all the way. You're getting headaches. Maybe you're even getting ringing in the ears or occasional dizziness!

If you're nodding your head to any of these, you may have Temporomandibular Disorder (TMD). This is a disorder of the temporomandibular joint (TMJ) that is most often caused by tight muscles of the jaw, neck, and upper back, or by arthritis of the TMJ. It can present as pain located immediately in front of the ear, but can refer pain to the face, neck, and shoulders. It affects about 10-35 million Americans, and women are 2-3 times more likely to suffer from the condition. There are several ways you could have developed TMD, such as grinding your teeth at night, poor posture (like forward head posture and hunched shoulders), stress, depression, nail biting, mouth breathing, and even a car accident, just to name a few!

At ProClinix Sports Physical Therapy and Chiropractic, we take a multi-modal approach to treating TMD, combining chiropractic care and physical therapy.

If you're experiencing any of the symptoms mentioned above and think you might have Temporal Mandibular Disorder, Active Release Techniques combined with physical therapy might be for you. **For more information, use the QR code to read more or contact our team today!**

Continued from outside >>

water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.

3. Maintain a healthy diet of fruits and vegetables - Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.

4. Exercise regularly - Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.

5. Maintain good posture - Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.

6. Meet with a ProClinix Sports Physical Therapy Chiropractic expert - If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to talk to a professional. They will help you determine the best course of action for your specific needs.

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

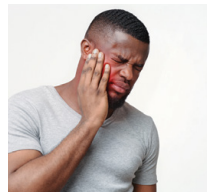
Our team can manage your injury or aches and assess any underlying conditions now, as well as help prevent injury in the future.

A key aspect of chiropractic treatment is spinal manipulation. Precise adjustments made by qualified professionals work to align vertebrae, while providing a greater range of motion. These precisely applied adjustments also adjust nerves themselves, making the pressure on the nerves much less severe.

Through patient education services, exercise programs and other treatment techniques, your specialist can address the symptoms and causes of your condition, and get you back on track to leading a healthy, active lifestyle.

Your treatment plan may include massage therapy, which helps your tissues heal naturally, allowing you to recover faster and return to your daily routine. It works by relaxing, loosening, and mobilizing any troublesome areas, allowing you to recover as quickly as possible.

Our multidisciplinary clinic is uniquely equipped to treat a huge range of injuries and conditions using advanced, scientifically proven techniques and resources. If you want to gain access to a comprehensive treatment plan designed specifically for you, give ProClinix Sports Physical Therapy Chiropractic a call today!



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!

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

WWW.PROCLINIX.COM

PROCLINIX HEALTH IQ



ProClinix Health IQ with Special Guest Dr Benjamin Bonte from Bonte Medical in Purchase NY

Dr Bonte is an Interventional Pain Management Specialist & Physiatrist. Dr Bonte serves patients who have orthopedic conditions and are seeking non-surgical opinions regarding treatment to improve their pain and function. In this show, Dr Bonte discusses several common conditions he treats with the various interventions he provides.

Dr Bonte's specialized treatments service all areas of pain and can include:

- Headache Treatment (Botox, Nerve Blocks, Medication)
- Spinal Cord Stimulation & Neuromodulation
- Regenerative Medicine (PRP or Stem Cell Injections)
- Radiofrequency Ablation (RFA)
- Spinal Procedures (Epidurals, Nerve Blocks, Trigger Point Injections, Kyphoplasty, etc)
- Joint Procedures
- AND more!

Use our QR Code to view the show!



Take control of your health in 2023!

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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