



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

**N E W S L E T T E R**

**FEBRUARY 2023**



*Best of Health for 2023  
from your Best of Westchester Team  
Your Health Starts Here*



*We accept most major insurance plans  
including Workers' Compensation & No  
Fault / Motor Vehicle Injury Cases.*

*And no prescription is needed for most  
insurance plans.*

# WHY CHOOSE PROCLINIX

**SEE WHY PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC'S  
PHILOSOPHY AND STANDARD OF CARE IS UNMATCHED**

*Dr Daniel Jacobs, PT, DPT providing soft tissue mobilization treatment for a calf strain*

## ALSO INSIDE

- How Does An Integrative Approach Work?
- Special Offer • Blood Flow Restriction Therapy



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# NEWSLETTER

## WHY CHOOSE PROCLINIX

**OUR INTEGRATIVE APPROACH TO CARE CAN HELP YOU  
ACHIEVE BETTER AND MORE EFFECTIVE RESULTS!**

Are you tired of feeling stuck in your current state of health and wellness? Do you want to avoid bouncing from one healthcare provider to the next, never quite finding the relief you need? Our integrative care approach at ProClinix Sports Physical Therapy & Chiropractic may be just what you've been searching for to achieve the results you deserve finally!

Too often in healthcare, there is a disjointed approach to care, where the person dealing with a health issue is referred from one practitioner to the next. Unfortunately, there is rarely good communication between each practitioner, and too often, the experts' opinions contradict one another. The result is a frustrated patient.

The good news is there is another option!

At ProClinix Sports Physical Therapy & Chiropractic our team of highly trained professionals includes **physical therapists, chiropractors, acupuncturists, massage therapists, athletic trainers, and nurse practitioners** all working together to address your specific needs by implementing the most effective treatment plan for each patient!

Request an appointment today, and get the results you've been looking for!

### HOW DOES AN INTEGRATIVE APPROACH WORK?

A growing body of evidence supports the use of collaborative treatments for improved outcomes. Integrative care is associated with significant reductions in pain, improved function, and higher patient satisfaction compared to traditional care alone.

At ProClinix Sports Physical Therapy & Chiropractic we understand that every patient is unique, and we take the time to get to know you and your specific health concerns. Our team will work with you to develop a personalized treatment plan that may include a combination of *chiropractic adjustments, physical therapy exercises, acupuncture, massage therapy, and trigger point injection*.

Our physical therapists will focus on reducing your pain and increasing your mobility, strength, and coordination so you may maintain an active lifestyle.

The chiropractic team can help restore spinal alignment to ensure uninterrupted nerve flow to the rest of your body and enhance overall mobility with corrective exercises and recommendations for improved health.

Using various techniques that target and break up the tightness and improve blood flow, our massage therapists will work with you to assist the healing process while loosening any soft tissue restrictions and restoring the range of motion, resulting in less pain and more mobility.

Cc

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

Continued from outside >>

Acupuncture is a safe and effective method of treatment that has been proven to reduce pain and muscle tension while simultaneously improving mobility. Acupuncture effectively treats numerous musculoskeletal issues, including acute and chronic injuries.

The bottom line is with an integrative approach to care, our patients recover faster and sustain wellness longer. Don't wait any longer to start feeling your best!

We can't wait to help you on your journey to optimal health!

### WHAT TO EXPECT AT YOUR PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC SESSIONS

By combining the best of traditional and alternative medicine, we can provide the most effective treatment plan for each patient. We will start with a comprehensive evaluation that includes your medical history and physical examination.

We will use this information to design an individualized exercise program to reduce pain, prevent the condition from worsening, and improve daily function. In many cases, choosing specific manual techniques, targeted strengthening, mobility, and corrective exercises will improve your function without aggravating your pain.

Our physical therapists are movement specialists. We are skilled at determining what is affecting your mobility, pain, and weaknesses. We will assess your particular condition to identify and address all contributing factors.

Sometimes limitations in your mobility are due to restrictions in the tissues surrounding the joints. These can be the result of old injuries and repetitive stresses. Our massage therapist can effectively deal with these restrictions and, as a result, help your muscles and joints move more freely.

Our highly trained chiropractors will assess your needs and educate you on the correct benefits of sitting, standing, and moving. How you move is vital to maintaining the improvements of our team's interventions.

Our acupuncturists are highly skilled at identifying blocked meridians and influencing your situation. The goal of each session is to facilitate the energy flowing through the meridians and restore health to the individual.

### REQUEST AN APPOINTMENT TODAY!

If you're tired of bouncing from one healthcare provider to the next, never quite finding the relief you need. Our integrative care approach at ProClinix Sports Physical Therapy & Chiropractic may be what you've been searching for.

Call ProClinix Sports Physical Therapy & Chiropractic today to request an appointment with our integrative care team at one of our convenient locations.

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

[WWW.PROCLINIX.COM](http://WWW.PROCLINIX.COM)



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## BLOOD FLOW RESTRICTION THERAPY



**Blood Flow Restriction Therapy with Occlusion Bands.** BFR allows us to increase muscle strength and endurance with no to minimal resistance to limit loading too quickly in the rehabilitation process.

At ProClinix, we are able to use these game changing bands to elevate our patients' rehab process. These bands will generate more impactful and effective outcomes early on, especially for our post

operative cases, such as **ACL repairs, meniscus repairs and even rotator cuff repairs**, to name a few!



## ACTIVE RELEASE TECHNIQUES (ART)



Dr Stefanie Tropea, DC Chiropractor & ART Certified Provider

**Active Release Techniques (ART)** are a soft tissue method that focuses on relieving tissue tension via the removal of fibrosis/adhesions which can develop in tissues as a result of overload due to repetitive use. These disorders may lead to muscular weakness, numbness, aching, tingling and burning sensations.

ART therapy is used in treating lower back pain, shoulder strain, frozen shoulders, tension headaches or more complex problems like shin splints, tennis / golfer's elbow, bursitis, sciatica and carpal tunnel syndrome etc.

## 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!



The Best of Westchester

**\$50 off a 60 minute massage or acupuncture session**  
+ \$50 credit off an Active Release Techniques Session  
with Dr Stefanie Tropea in Armonk

\*Special may not apply if covered by insurance, inquire to see if you are eligible\*

One per person • Expires 3/31/23

## WELCOMING

TO OUR BEST OF WESTCHESTER TEAM



**Dr Joe Recchia**  
CHIROPRACTOR



**Dr Liz Bynum**  
PHYSICAL THERAPIST



**Dr Stephanie Kim**  
NURSE PRACTITIONER



**Dr Stephen Grunbok**  
PHYSICAL THERAPIST



**NOW ACCEPTING  
MEDICARE FOR  
ACUPUNCTURE!  
CALL TO FIND  
OUT HOW!**

**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:

- Active Release Technique
- Graston Techniques
- 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](http://www.proclinix.com) to book your  
appointment today!

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