



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
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**N E W S L E T T E R**

**APRIL 2023**



**ProClinix**  
SPORTS PHYSICAL THERAPY CHIROPRACTIC



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



# HOW TO GET ACTIVE AND REAP THE BENEFITS OF REGULAR EXERCISE

*ProClinix Ardsley Physical Therapist - Dr Brittany Duarte, PT, DPT*

## ALSO INSIDE

- How Regular Exercise Improve Your Health
- Meet Our Patient Of The Month • Congratulations Dr. Donnelly



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# NEWSLETTER



## HOW TO GET ACTIVE AND REAP THE BENEFITS OF REGULAR EXERCISE

Do you want to start exercising regularly again but aren't sure how to get started? Or maybe you've never been physically active and want that to change. Regardless of your situation, the physical therapists, chiropractors, massage therapists, and acupuncturists at ProClinix Sports Physical Therapy & Chiropractic are here to help you get moving!

It's no secret that a sedentary lifestyle causes a host of health problems. In fact, it's one of the main reasons people experience low energy and everyday aches and pains. Not only that, but long-term physical inactivity can increase the risk of serious health problems like cardiovascular disease, diabetes, obesity, osteoporosis, and joint dysfunctions.

However, it can be difficult for many people to incorporate regular exercise into their life, whether due to pain, limited mobility, or an injury from the past. Fortunately, the team of experts at ProClinix Sports Physical Therapy & Chiropractic is here to help! Schedule an appointment with us today, and we'll set you on a path toward health, happiness, and more energy.

### HOW DOES REGULAR EXERCISE IMPROVE YOUR HEALTH?

Exercise is probably the closest thing we have to a miracle drug. Here are just some of the benefits you can expect from a dedicated exercise routine:

- Improved muscle strength and endurance
- Improved cardiovascular endurance
- Stronger bones

- A boosted immune system
- Improved quality of sleep
- More energy
- Reduced stress

And much, much more! Exercise is one of the best things you can do for yourself, both physically and mentally.

It's particularly important to exercise as you get older. The longer you go without exercise, the more prone you become to disease, injuries, and falls. The good news is that anyone can start a regular exercise program, regardless of current fitness or activity levels.

### HOW PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC CAN HELP YOU START EXERCISING AGAIN

The integrated approach to care at ProClinix Sports Physical Therapy & Chiropractic will equip you with the necessary tools to start moving regularly. Our physical therapists, chiropractors, massage therapists, and acupuncturists are experts at working with patients to safely and effectively resume an active lifestyle.

We'll work with you to develop a program tailored to your individual needs and goals. Here's what we'll do to help you get active:

**We'll Identify your current level of fitness.** We'll always start with a physical assessment and a health history, determining how much activity you were doing when you felt your best—and how much you're doing now.

*Continued inside >>*

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

Continued from outside >>

**We'll help you manage your pain.** If persistent pain prevents you from achieving your fitness goals, our physical therapists, chiropractors, massage therapists, and acupuncturists can provide pain relief in different ways, whether deep tissue massage, manual therapy, or acupuncture.

**We'll develop a balanced exercise program.** A good exercise program will build strength, boost cardio, and improve mobility. We'll select a well-rounded collection of exercises and show you how to do all of them.

**We'll help you find the exercises you want to do.** The easiest way to ensure you exercise regularly is to find movement you enjoy. At ProClinix Sports Physical Therapy & Chiropractic, we're experts in movement, and we know a wealth of different ways to hit the three areas of fitness. We'll make sure your workout program is something that gets you excited!

**We'll help you with recovery.** Starting a new exercise program can be difficult. If you feel sore afterward, our physical therapists, chiropractors, massage therapists, and acupuncturists all offer unique ways of helping your muscles recover. For example, therapeutic massage and acupuncture can help loosen up your muscles, leading to a shorter recovery time.

From start to finish, the experts at ProClinix Sports Physical Therapy & Chiropractic are dedicated to improving your physical health through movement!

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

At your first appointment, we'll perform a detailed physical examination, checking your strength, flexibility, and cardiovascular endurance. We'll also learn more about your history with physical activity, getting a sense of what's worked for you and what activities you think you'll enjoy doing now.

We'll then work with you to develop your new exercise plan, walking you through each exercise to ensure you're doing them correctly. Make sure you come to your appointment prepared to move!

At subsequent sessions, we'll check your progress, offer recovery or pain management services as needed, and help you tweak your program as you improve. We're also there to cheer you on!

### SCHEDULE YOUR APPOINTMENT WITH PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC TODAY!

At ProClinix Sports Physical Therapy & Chiropractic, our integrated team of physical therapists, chiropractors, massage therapists, and acupuncturists want to see you living the best life you can.

Schedule an appointment with us today and get a jumpstart on your health and well-being for the rest of your life!

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

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



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# CONGRATULATIONS DR MICHAEL DONNELLY

Congratulations to Dr Michael Donnelly, PT, DPT for his recent certification. Dr Mike continues to boost his clinical skills and maintain his edge working with athletes & patients by becoming Titleist Performance Institute certified!



In this 1st picture Dr Mike is assessing this patient's pelvic and trunk control.

Watch to see how Dr Mike addresses trunk and pelvic mobility and motor control using a Keiser cable lift pattern in the pictures below.



## 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!

# MEET OUR PATIENT OF THE MONTH (POM)!



**Patient of the Month: ProClinix Tarrytown Patient, Kathleen Brissett-Greene showing off her Bowling Championship Trophy & 5 K Bib!**

*"I want to say a big thank you to Dr. Shara Labelson and Katie for getting me back to bowling & running.*

*I had a partial tear in my shoulder and a partial torn Achilles which stopped me from bowling and running.*

*After my series of treatment was complete, I was able to bowl one of the best matches*

*of my life on 1/28/23 which in turn got my team the coveted "Copa Juan Pablo Duarte" trophy, something they have longed for in over 15+ years. And this past Sunday 3/5/23 I ran my first 5K (the New York Road Runners Washington Heights – Salsa, Blues, & Shamrocks) in 36.25 minutes.*

*Thank you, just know you have a patient for life. Because of you I'm back out there bowling against the best and running for my mental health!" -Kathleen Brissett-Greene*

# 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!

**CALL US TODAY!**  
**914.292.0208**



## What You Should Know About Meniscus and ACL Injuries

Article of the Month by Dr Elizabeth Bynum, PT, DPT

"Meniscus and ACL tears are very common injuries of the knee. Meniscus tears occur in as many as one million Americans per year[1], and ACL tears affect almost a quarter million Americans per year[2]. As a physical therapist, I have seen many patients with these injuries. Often, patients ask if these injuries heal on their own and what their long-term outcomes will be. I hope to answer those questions with this article.

Physical therapy is essential when recovering from a meniscus or ACL injury. However, it can also be a great tool prior to surgery. This is known as pre-rehabilitation or prehab. Completing a few weeks of physical therapy prior to surgery can improve strength and mobility, greatly improving a person's outcome after the procedure and making recovery easier. If you have recently experienced one of these injuries it's important to discuss your options with your doctor, including starting a physical therapy program."

Scan our QR code to read the whole article!



**Take control of your health in 2023!**

**Visit us online at**

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

**And make your pain a thing of the past!**