



MAY 2023



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

And no prescription is needed for most insurance plans.

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



HOW HIP & KNEE PAIN CAN AFFECT YOUR GAIT

Dr Michael Donnelly, PT, DPT assessing hip and core stability while performing cable rotations.

ALSO INSIDE

- What Causes Hip And Knee Pain?
- Welcome To The Team • Medical Massage



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

MAY 2023



NEWSLETTER



HOW HIP & KNEE PAIN CAN AFFECT YOUR GAIT

Have you noticed pain in your hip or knees while walking? Do you find it challenging to complete daily tasks because of uncomfortable symptoms? If so, you may benefit from our multidisciplinary approach at ProClinix Sports Physical Therapy & Chiropractic to help correct your gait.

A complex system of muscles, nerves, and joints works together in harmony to allow you to be mobile. If you experience hip or knee pain, it could mean that the interconnected parts are failing somewhere in the system. Hip and knee pain occurs when the joints and/or muscles surrounding those areas are not working correctly. These symptoms can alter your mobility and increase pressure on the area, resulting in pain.

At ProClinix Sports Physical Therapy & Chiropractic, we can teach you how to correct your gait and bring you relief as soon as possible. With a team of chiropractors, physical therapists, massage therapists, and acupuncture specialists, your pain and corresponding symptoms can be resolved safely and comfortably. Call us today to make an appointment!

WHAT CAUSES HIP AND KNEE PAIN?

Hip and knee pain occurs when the joints and muscles surrounding those areas lack their normal function. If joints and muscles aren't functioning correctly, it can affect your gait, or the way that you walk.

Hip or groin pain are common complaints that are consistent with

a joint issue. Pain on the outer aspect of your hip, upper thigh, or buttock region, is likely due to a problem with the muscles or soft tissues surrounding the hip joint.

Pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or pain in the inner aspect of the knee.

Pain on the front of the knee is often rooted in your kneecap (patella). Every time you bend your knee, your kneecap needs to move up and down. If the area becomes inflamed, or the tissues surrounding the kneecap become tighter, and the kneecap will not have as much space to move. When this happens, you may feel friction and pain.

Hip and knee pain will often affect our ability to move our legs properly, walk up and down stairs, or raise the knee to a certain point.

HOW OUR MULTIDISCIPLINARY APPROACH CAN IMPROVE THE WAY YOU WALK

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.

Continued inside >>

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

Continued from outside >>

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.

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 PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC SESSION

During your initial assessment, your specialists will begin by assessing your gait, symptoms, and other functions to determine the root of your problem. Then, they will create a treatment regimen specific to your pain as well as restore joint mobility, strength, and gait.

Our team has years of success in helping patients with their physical needs without expensive testing, or invasive procedures. Our goal is to help you move and walk as comfortably as possible!

SCHEDULE AN APPOINTMENT TODAY

Call ProClinix Sports Physical Therapy & Chiropractic today to schedule a consultation with one of our incredible team members. Our staff of physical therapists, chiropractors, massage therapists, and acupuncturists can guide you to the pain-free life that you deserve!

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

WWW.PROCLINIX.COM



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MEDICAL MASSAGE

Did you know with **The Empire Plan / NYSHIP insurance** you are well covered for ALL of our services including **MASSAGE & ACUPUNCTURE?**

HERE are 2 easy steps to Better Health through Medical Massage with us!

Step 1 - Scheduling an initial consultation with Dr. Stephanie Kim NP. (An in-person appointment is preferred but virtual is optional!) She will evaluate and provide the required Rx referral for your medical massage!

Step 2 - Schedule with any of our highly qualified Licensed Massage Therapists!

Copays may apply, please inquire at time of booking

For scheduling or questions - call us & as an FYI ****you can SKIP Step 1 for Acupuncture because no Rx is required to get started right away!****

Medical
MASSAGE

2 Steps to Better Health with your Empire Plan / NYSHIP insurance

SCHEDULE NOW!

With our highly qualified Licensed Massage Therapists.

Book in these Massage locations:
Pleasantville, NY
Armonk, NY
Ardley, NY
Larchmont, NY

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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 Physical Therapist Adam Pliskow, PT, MS
to our Best of Westchester Team



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Welcoming **Adam Pliskow, PT, MS**
to Our ProClinix **Best of Westchester Team!**

Adam Pliskow to ProClinix in Ardsley



Adam Pliskow, PT, MS is a New York State Licensed Physical Therapist and American Physical Therapy Association member since 2003. He received his B.S. in Communications from Boston University and earned his Master's degree in Public Health from New York Medical College. **Adam's 20+ years of experience & background** includes manual therapy & the treatment of injuries and conditions, such as:

- ✔ Pre & Post Orthopedic Surgical Rehab
- ✔ Repetitive & Sports Related Injuries
- ✔ Spine & Musculoskeletal Conditions

In addition, Adam is certified as an **IMPACT concussion management specialist, Titleist Performance Institute provider** (to evaluate and prescribe exercises to improve golf performance) and is also certified as an **overhead athlete and baseball specialist** by Hospital for Special Surgery.

ACUPUNCTURE & ALLERGIES



Spring Time nasal congestion due to seasonal allergies?

The Answer : Acupuncture

Acupuncture is not only a safe, natural & effective option - it's also an anti-inflammatory & immunity boosting treatment!

Ready for your seasonal allergy relief?

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 to book your appointment today!

CALL US TODAY!
914.292.0208



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