



JULY 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.

IS NECK PAIN INTRUDING ON YOUR QUALITY OF LIFE?

ProClinix Armonk Physical Therapist - Dr James Cassell performing graston techniques for neck pain

ALSO INSIDE

- The Difference Between Head And Neck Pain
- Welcome To Our Team! • Best Of Westchester 2023



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

JULY 2023

NEWSLETTER



IS NECK PAIN INTRUDING ON YOUR QUALITY OF LIFE?

Do you find your hand instinctively massaging your neck after a challenging day at work? Do you notice that as your neck throbs, so does your head? It's clear that neck and head pain can affect your personal life, career, and beyond. At ProClinix Sports Physical Therapy & Chiropractic, a multidisciplinary clinic offering chiropractic, physical therapy, massage therapy, and acupuncture, we can help you manage your pain and get back to the life you enjoy!

The most common cause of neck or head pain is a muscle or joint problem. Working with our integrated team of chiropractors, physical therapists, massage therapists, nurse practitioners and acupuncturists can help you identify the cause of the trouble and begin taking steps to correct the issue.

Unlike pain medications that become less helpful the longer they are used, our team will provide long-term relief from pain. We will help correct your joint or muscle limitations with targeted therapies like specific stretches, manual techniques, muscle strengthening techniques, and guided instructions tailored to your unique needs.

Call ProClinix Sports Physical Therapy & Chiropractic today and schedule an appointment with our multidisciplinary team. Discover the relief you have been looking for!

UNDERSTANDING THE DIFFERENCE BETWEEN HEAD AND NECK PAIN

Not all neck or head pain is the same, so distinguishing between various types of neck or head pain is the key to finding effective relief.

Head Pain

Headaches come in various forms, each with a unique set of triggers. For instance, migraines may be triggered by environmental influences, food sensitivities, or even stress. Some headaches may arise due to sinus discomfort or dehydration. Each type of headache requires a distinct approach to resolution, underscoring why blanket treatment or medication for every headache proves ineffective.

One of the most common causes of headaches that are easily treatable with chiropractic, physical therapy, massage therapy, and acupuncture is radiating headaches caused by stress in the joints and muscles of the neck. This type of pain radiates from the base of your skull into the top of the head. For some, the pain will radiate behind one eye. These headaches are frequently associated with stiffness in the upper back and are typically one-sided.

Neck Pain

Neck discomfort is often due to soft tissue sprain/strain or changes within the joint itself. Extended periods of sitting can contribute to a forward head posture, leading to soft tissue tension (muscles, tendons, ligaments) or alterations in blood circulation. The neck muscles function optimally when in motion, so holding our heads in one position leads to muscle irritation and impedes head and neck mobility, resulting in pain.

As we age, neck joints, like all body joints, begin to deteriorate, increasing the likelihood of experiencing neck pain. Degenerative changes predispose us to disc herniations, narrowing around the nerve root space, and significant mobility restrictions.

Continued inside >>

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

Continued from outside >>

Cervical degeneration can cause tension and discomfort in the neck and shoulders, typically exacerbated in the morning and at day's end. The most challenging issue posed by cervical degeneration is motion loss in the neck, which affects your daily life's functionality, restricting normal neck usage.

HOW OUR MULTIDISCIPLINARY TEAM CAN ASSIST

Our integrated team of chiropractors, physical therapists, massage therapists, nurse practitioners, and acupuncturists can effectively address most headaches and neck pains. Consulting with the team at ProClinix Sports Physical Therapy & Chiropractic offers a safe method of employing constructive techniques to alleviate your discomfort.

We target the pain source by examining your symptoms. Our physical therapists will give you exercises to stretch or relax your neck muscles. In some instances, manual techniques, including joint mobilizations and soft tissue techniques, are used to alleviate your pain and increase your tolerance for stretching.

Our experienced massage therapists can break down adhesions, enhancing your muscles' flexibility and eliminating pain. The techniques used by your massage therapist effectively manage adhesions impairing your joint and soft tissue mobility, causing your neck pain and/or headaches. These restrictions may stem from old injuries, repetitive stresses, and poor postural habits, limiting your movements and possibly causing inflammation and pain.

Our competent chiropractors will design a plan focusing on restoring and/or enhancing your spinal alignment to alleviate any excessive pressure on your surrounding muscles, joints, and nerves. We typically employ spinal adjustments (manipulations) and targeted exercises to alleviate neck pain and headaches.

Our qualified acupuncturists at ProClinix Sports Physical Therapy & Chiropractic are skilled in identifying precise points related to your specific issues. The needle placement triggers the body's natural healing response, encouraging improved blood flow and the release of endorphins, the body's natural painkillers, which aid in relieving pain and tension.

There is no one-size-fits-all approach that works universally. Our team will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your individual goals so you can get back to the life you enjoy!

MAKE AN APPOINTMENT TODAY

If you're struggling with persistent headaches and neck pain, contact ProClinix Sports Physical Therapy & Chiropractic today for an extensive assessment. We're here to guide you on the steps to alleviate and prevent your pain once and for all!

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

WWW.PROCLINIX.COM



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CHIROPRACTIC

BEST OF WESTCHESTER 2023

WE WOULD LIKE TO SAY THANK YOU TO OUR PATIENTS FOR VOTING US BEST OF WESTCHESTER 2023. ITS OUR FOURTH YEAR IN A ROW RECEIVING THIS AWARD AND ITS ALL THANKS TO OUR PATIENTS.



THANK YOU!

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 OUR TEAM!

Welcoming

Caitlin Policastro, BSN, MSN (ANP/GNP)
to Our ProClinix **Best of Westchester Team!**



Caitlin Policastro - to ProClinix in Armonk & Pleasantville

Caitlin Policastro, BSN, MSN (ANP/GNP) received her BS degree in nursing from the University of Pittsburgh & MS degree in Adult/Geriatric Health in Nursing from Hunter College. While achieving her Master's degree, she worked beside world-renowned HSS orthopedic surgeons for four years.

Caitlin will be providing many services for our ProClinix patients, including:

- Trigger Point Injection Therapy
- Evaluations & Follow Ups for Musculoskeletal Prescriptions for Physical Therapy
- Evaluate & make appropriate recommendations for Medical Massage (for Empire Plan / NYSHIP Insurance)
- Evaluate & supervise for Acupuncture coverage through Medicare
- Functional Nutritional Health (*coming soon!*)
- Nutritional IV Therapies (*coming soon!*)

Caitlin has appointments available NOW

@ 5 N Greenwich Road, Armonk & @ 175 Tompkins Avenue, Pleasantville

Welcoming

Dr John Shlimoun, PT, DPT
to Our ProClinix **Best of Westchester Team!**



Dr John Shlimoun - to ProClinix in Pleasantville & Armonk

Dr. John Jude Shlimoun earned his Bachelor of Science in kinesiology from Manhattan College in 2018 followed by his Doctorate in Physical Therapy from Hunter College in 2021. Since completing his coursework and clinical training he has worked in a variety of clinics focusing on orthopedic and neurological rehabilitation. Treating ALL:

- ✓ Pre & Post Orthopedic Surgical Rehab
- ✓ Repetitive & Sports Related Injuries
- ✓ Spine & Musculoskeletal Conditions
- ✓ Impingement, Sprains, Strains, Tendonitis, etc

Accepting Most Insurance Plans including Workers' Comp & No Fault

**WELCOME
TO THE TEAM!**

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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