PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

NEWSLETTER

AUGUST 2023

HOW OUR MULTIDISCIPLINARY APPROACH TO CARE HELPS ADDRESS INJURIES

ProClinix Nurse Practitioner, Caitlin Policastro, performing a trigger point injection to address neck pain and tension headaches

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HOW OUR MULTIDISCIPLINARY APPROACH TO CARE HELPS ADDRESS INJURIES

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At ProClinix Sports Physical Therapy & Chiropractic, our skilled physical therapists, chiropractors, massage therapists, acupuncturists, and nurse practitoner can help you identify the steps you need to take to resolve your injuries and prevent them in the future!

The most common injury people endure from physical activity is a feeling of soreness caused by overusing the muscles, tendons, and ligaments. This injury typically results from completing exercises you're not used to or returning to exercise after a long time away.

While soreness usually goes away on its own, that doesn't necessarily mean your body has fully rehabilitated. Our integrated team will develop a customized treatment plan pulling from physical therapy, chiropractor care, massage therapy, acupuncture techniques, and nurse practitoner services to help you recover and prevent future injuries.

Call today to schedule an appointment with one of our experts!

IS IT AN INJURY OR NORMAL ACHES AND PAINS?

With some injuries, the signs are obvious. Symptoms like bruising, swelling, deformity, and severe pain clearly indicate when something's wrong. Other times, though, it can be hard to tell if you've actually injured yourself or you're just a little sore. Fortunately, our team can help!

Some of the most commonly sustained injuries include sprains and strains. A sprain occurs when a ligament is stretched beyond its limits or torn (i.e., a sprained ankle). A strain occurs when a muscle or tendon is stretched beyond its limits or torn (i.e., a pulled muscle).

Sprains and strains can vary from mild to severe; even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have one of our experts make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

WHAT TO EXPECT AT OUR INTEGRATED CLINIC

Our multidisciplinary team consists of physical therapists, chiropractors, massage therapists, acupuncturists. and nurse practitoners who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. If you've suffered a soft tissue injury, our team can help!

Continued inside >>

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

Continued from outside >>

At your initial appointment, we'll conduct a thorough assessment to determine the severity of your sprain or strain. We'll take a complete health history and conduct several comprehensive movement screens to help us pinpoint precisely what is causing your pain.

From there, we'll develop your customized treatment plan. Our physical therapists, chiropractors, massage therapists, acupuncturists, and nurse practitoner will work together to ensure you see the best results. Here are just some of the ways we can help:

- Our physical therapists will provide strengthening and stretching exercises to help you restore strength and mobility.
- Our chiropractors provide joint adjustments and mobilizations to reduce pain and get you moving.
- Our massage therapists manipulate soft tissue to address pain, improve circulation, and promote relaxation.
- Our acupuncturists will use acupuncture techniques to reduce pain and improve overall well-being.
- Our nurse practitioner provides a comprehensive assessment and ultizies trigger point injection therapy for patients to allow for pain relief and better outcomes with our other healthcare services.

Our integrated approach will not only address your current injury but can help prevent future injuries. Increasing your strength and flexibility reduces your risk of both sprains and strains.

5 EASY WAYS TO PREVENT INJURIES ON YOUR OWN

In addition to our team's expert help, here are five simple things you can do to help prevent injuries now:

A full night's sleep is the most effective strategy, significantly affecting injury prevention and sports enhancement.

Dynamic warm-ups will warm up tissue without negatively affecting performance, so you can exercise more safely.

Keeping hydrated is essential for recovery and injury prevention.

Stay within your abilities by starting small and slowly building in intensity (our team can help with this!)

Always use proper equipment, such as appropriate running shoes or hiking boots.

SAY GOODBYE TO INJURY ACHES AND PAINS!

If you're suffering from aches and pains, think you may have sustained an injury, or would just like to learn more about injury prevention, contact ProClinix Sports Physical Therapy & Chiropractic today.

One of our dedicated physical therapists, chiropractors, massage therapists, acupuncturists, and nurse practitoner would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

WWW.PROCLINIX.COM

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BEST OF WESTCHESTER 2023
THANK YOU TO OUR PATIENTS

CONTACT OUR TEAM TODAY FOR MORE INFORMATION OR SCAN THE QR CODE TO SCHEDULE AN APPOINTMENT

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!

FEATURED ARTICLE
OF THE MONTH

Taking a Deeper Dive into the Meaning of "Our Health"

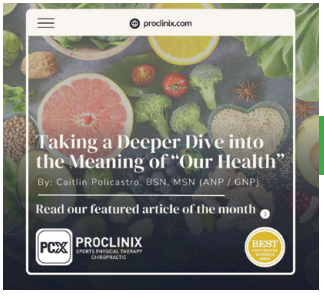
By: Caitlin Policastro, BSN, MSN (ANP / GNP)

"Health. A pretty vast term to most. For some of us, health means exercising three times each week, eating all organic, and taking blood pressure medication as prescribed. For others it means managing their stress and anxiety with acupuncture and daily meditation while getting physical therapy for their upper trapezius pain from playing tennis every other day. Whatever health looks like for you, it is something that when we have it, we tend to take it for granted, and when it is lost, we regret never taking better care of it. An intangible, indispensable aspect of our lives that for most, is never linear and a work in progress.

After 8 years of practicing at one of the top integrative centers in the country, I have learned that addressing the root cause of underlying conditions and symptoms is of the utmost importance to gaining back "our health". This does not mean putting bandaids on conditions with medication after medication. This means, finding out "the why" and fixing "the why" the very best we can."

To continue to read please scan the QR CODE

Caitlin Policastro is a Nurse Practitioner in Adult / Geriatric Health at ProClinix Sports Physical Therapy and Chiropractic. She is currently seeing patients in our Armonk & Pleasantville locations. For any questions about this article or the services she provides, please feel free to contact her at 914-202-0700 or at **cpolicastro@proclinix.com**



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**
- **Trigger Point Injection**
- **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!

Take control of your health in 2023!
Visit us online at
WWW.PROCLINIX.COM
And make your pain a thing of the past!

CALL US TODAY!
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