



SEPTEMBER 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.



PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR CORE

ProClinix Larchmont Physical Therapist Dr John Shlimoun addressing this patient's back by addressing hamstring strength.

ALSO INSIDE

- An Integrated Approach to Improving Core Strength
- Nusoma Health • Featured Article Of The Month



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

SEPTEMBER 2023

PROCLINIX PHYSICAL THERAPIST DR JAMES CASSELL WORKING WITH A PATIENT TO INCREASE HIS CORE STRENGTH AND STABILITY

NEWSLETTER



PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR CORE

Is your back pain keeping you from standing upright? Do you struggle with balance and regularly feel unsteady? Believe it or not, these are all signs of core muscle weakness. At ProClinix Sports Physical Therapy & Chiropractic, our integrated team can help you determine if your core is weak and, more importantly, how to get it strong again!

A strong core is about much more than having six-pack abs. In fact, your core plays a significant role in basic day-to-day activities, like sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may affect your function and, in some cases, even your pain levels.

Our team of physical therapists, chiropractors, massage therapists, acupuncturists, and nurse practitioner can assess your core strength and provide strategies to improve it. With proper guidance, you can get strong and engage your muscles the way they were designed to move!

Contact ProClinix Sports Physical Therapy & Chiropractic today to learn more about how physical therapy, chiropractic, massage therapy, acupuncture, and nurse practitioner services can work together to help you enhance both your core muscles and overall health.

WHAT ARE THE CORE MUSCLES, AND WHY ARE THEY SO IMPORTANT?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles actually consist of the muscles of the lower back, hip, pelvis, pelvic floor, diaphragm—and yes, the abdominals, too.

These muscles help stabilize your body, support your posture, and allow you to move through the world. When any of your core muscles become weak, it causes instability in your torso, which makes it difficult for your body to function correctly.

The stability of the torso plays a role in maintaining an upright posture and changing positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations elsewhere in the body, most commonly in the back and neck. As a result, this can lead to poor posture, fatigue, or pain.

Continued inside >>

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

Continued from outside >>

AN INTEGRATED APPROACH TO IMPROVING CORE STRENGTH

Regardless of where you're experiencing pain and impairment, our multidisciplinary team of physical therapists, chiropractors, massage therapists, acupuncturists, and nurse practitioner will work together to thoroughly analyze your posture, movement, and strength to pinpoint precisely what is causing your pain. From there, we'll create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core strength is best improved from the inside out. That means focusing on exercises that strengthen your inner core muscles—those muscles deep inside your torso rather than the more visible "ab muscles" we usually associate with the core.

Our team will design a program to teach you how to properly engage your core muscles—both those crucial inner muscles and the outer layer of muscles. We'll meet you at your current ability level with simple core-specific exercises that build upon each other over time. We might even progress to free weight training, a whole-body workout that also helps strengthen your core!

Throughout the process, we'll ensure you're performing all movements correctly. We'll provide persistent feedback and modify exercises as needed to ensure your core provides optimal spinal stabilization.

If your pain levels are too intense for exercise, our team can also help with pain management to prepare your body for more vigorous treatment. Manual therapy, acupuncture, and massage therapy can help address pain.

We aim to help your core to become strong, reactive, and mobile so it can perform at optimal levels. Through an individualized exercise program, we can help reduce your pain, prevent your condition from worsening, and improve daily function.

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At ProClinix Sports Physical Therapy & Chiropractic, our physical therapists, chiropractors, massage therapists, acupuncturists, and nurse practitioner are here to help you improve your function, relieve your pain, and live an active, healthy lifestyle.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6110226/>

<https://www.mdpi.com/1660-4601/17/12/4306>

<https://www.sciencedirect.com/science/article/abs/pii/S135045318301152>

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

WWW.PROCLINIX.COM



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

NUSOMA HEALTH



Welcome to

nusoma health

restore | rebalance | rejuvenate

Simplifying your journey towards wellness through advanced IV therapies, oxidative treatments, and IM injections.



IV Therapy



Oxidative Therapy



IM Injections

With an Introductory OFFER from NOW until 9/30/23 for ALL NEW PATIENTS

50% OFF Initial Evaluation with Caitlin
FREE AIRenergy Machine Session (Worth \$50)

10% OFF First IV Treatment.

914-898-5858

info@nusomahealth.com

nusomahealth.com

5 N Greenwich Road, Armonk

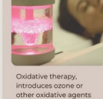
NUSOMA HEALTH SERVICES

IV Therapy



IV therapy delivers essential nutrients, fluids, and medications directly into the bloodstream, bypassing the digestive system for rapid absorption. It provides quick hydration, boosts energy, supports immune function, enhances athletic performance, and aids in recovery.

Oxidative Therapy



Oxidative therapy introduces core or other oxidative agents into the body to promote healing & wellness. It stimulates immune function, improves circulation, detoxifies the body, fights infections, reduces inflammation, & enhances cellular function for overall health & vitality.

Oxidative Therapy

IM Injections



Intramuscular (IM) injections deliver medication directly into the muscle tissue, allowing for efficient absorption. IM injections provide rapid onset of action, accurate dosing, and prolonged drug effect.

Contact us to schedule your Complimentary Consultation!

914-898-5858 | info@nusomahealth.com | nusomahealth.com

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

Acupuncture: An Effective Alternative for Psychiatric Problems

By: Andrea Gurciullo, LAc, MTOM

In today's world, the term "nervous breakdown" has become synonymous with mental distress and an inability to cope with life's challenges. While not an official medical diagnosis, it is used by many to describe a state of overwhelming anxiety and psychological turmoil that affects individuals differently. The triggers for such a state can range from major life changes to health issues, and the symptoms may manifest physically, psychologically, or behaviorally.

This state of mental distress often leads to symptoms like depression and anxiety, such as persistent sadness, feelings of hopelessness, guilt, restlessness, and sleep problems. Moreover, stress can disrupt appetite, lead to panic attacks, cause fatigue, and impair concentration and memory. For some, traumatic events can even lead to post-traumatic stress disorder, with its intrusive thoughts, flashbacks, and withdrawal from social activities.

While talk therapy can be beneficial, it might not be enough when there is a significant physical component to anxiety and depression, like chronic pain or sleep disturbances. In these cases, addressing mental health from multiple angles becomes crucial.

Acupuncture, an ancient practice that involves the gentle insertion of thin needles into specific points on the body, offers a promising alternative or adjunct form of medicine for psychiatric problems. Research has shown that acupuncture can have a positive impact on various mental health issues, including anxiety, depression, and sleep disorders. By stimulating the nervous and immune systems, acupuncture promotes a sense of balance and overall well-being.

Andrea is our very experienced Acupuncturist who treats patients in our Armonk, Pleasantville and Larchmont locations. For more information about Andrea and the conditions she treats, please reach out to our administrative team for more info!



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!
914.292.0208**



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC