



*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.*



# GET YOUR HEALTH BACK ON TRACK WITH OUR MULTIDISCIPLINARY APPROACH

*ProClinix / LifeTime Physical Therapy & Chiropractic Physical Therapist Dr Jessica D'Erario, PT, DPT performing Graston Techniques*

## ALSO INSIDE

- Unlock Total Wellness • Welcome To The Team
- Featured Article Of The Month



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

OCTOBER 2023

**NEWSLETTER**



# GET YOUR HEALTH BACK ON TRACK WITH OUR MULTIDISCIPLINARY APPROACH

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our multidisciplinary team can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy, chiropractic, massage therapy, and acupuncture at ProClinix Sports Physical Therapy & Chiropractic can help. We want to make sure that you have a reliable source to help you resolve whatever physical condition you face.

Our physical therapists, chiropractors, massage therapists and acupuncturists are highly trained and experienced in treating pain, injuries, and other conditions affecting your health. We understand how important it is to get to the root of the problem and provide solutions that work. We'll work together to provide you with the tools you need to not only recover but thrive!

Request an appointment today, so we can help you get back to the life you deserve!

### UNLOCK TOTAL WELLNESS: THE POWER OF A MULTIDISCIPLINARY APPROACH TO HEALTH AND WELL-BEING

A multidisciplinary approach combines the strengths of various treatments like physical therapy, chiropractic care, massage therapy, and acupuncture. When these therapies are used in conjunction, they address a broader range of issues and enhance the healing process.

Some of the benefits of physical therapy, chiropractor, massage therapy, and acupuncture are as follows:

#### Physical Therapy:

- Mobility Improvement: Helps restore and improve flexibility and movement.
- Pain Management: Drug-free methods to reduce or eliminate pain.
- Injury Prevention: Teaches techniques to prevent future injuries.
- Rehabilitation: Assists in recovery from surgery, injury, or illness.

#### Chiropractic Care:

- Spinal Adjustments: Aligns the spine to improve function and reduce pain.
- Posture Correction: Helps in achieving and maintaining the proper posture.
- Improved Nervous System Function: Alignments can facilitate better nervous system functions.

#### Massage Therapy:

- Muscle Relaxation: Eases muscle tension and reduces spasms.
- Stress Reduction: Provides relaxation and lowers stress levels.
- Improved Circulation: Enhances blood flow to essential body parts.

#### Acupuncture:

- Pain Reduction: Stimulates the body's natural painkillers.

*Continued inside >>*

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

Continued from outside >>

- Enhanced Immunity: Stimulates the body's immune responses to facilitate healing.

Working with our whole team accelerates recovery from pain and injuries and enhances overall health and well-being. Collaborating as a team ensures that all aspects of a patient's health are addressed, optimizing healing and promoting long-term well-being.

### **BENEFITS OF A MULTIDISCIPLINARY APPROACH AT PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC**

Our team can educate you on safer movement strategies that maximize your energy, reduce the risk of future injuries, and bolster the effectiveness of your care. The benefits offered by our specialists include alleviating pain, curbing spasms, boosting circulation, and accelerating healing.

Improving your joint range of motion and overall mobility is a core goal of our practitioners. The way we move culminates individual joint movements working in harmony. By enhancing the mobility of connective tissues surrounding your joints (like tendons, muscles, fascia, and joint capsules), we aim to optimize your joint function and ability to participate in activities, whether work, leisure, or basic daily tasks.

After an injury or surgery, it's common for muscles to weaken, impacting normal movement. Some may have lingering weaknesses from old injuries or abnormal movement patterns. Our specialists excel in evaluating the entire body, spotting these weaknesses, and guiding patients on rebuilding strength and function.

Our multidisciplinary team offers comprehensive strategies to enhance mobility, address muscle weaknesses, and promote overall well-being. They provide education on safer movement, offer dietary recommendations, and implement techniques to prevent injuries. Engaging with our specialists guarantees a holistic approach to health, focusing on rehabilitating injuries and promoting overall vitality.

### **BOOK YOUR APPOINTMENT TODAY!**

The mission ProClinix Sports Physical Therapy & Chiropractic is to use compassion, encouragement, and motivation to treat our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through excellent customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Call today to learn more about our approach to care and the benefits of physical therapy, chiropractor, massage therapy, and acupuncture.

**VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!**

**WWW.PROCLINIX.COM**



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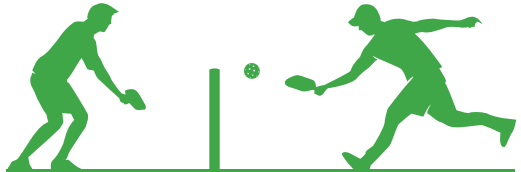
# FEATURED ARTICLE OF THE MONTH

## **Pickleball: Understanding The Risks and Injury Prevention**

By: Dr. John Jude Shlimoun, PT, DPT

Pickleball is the fastest growing sport in America, gaining popularity and new players of all age groups everyday. Pickleball is a racquet sport that can be played both indoors and outdoors on a court that is substantially smaller than a tennis court requiring less running, however similar lateral, cutting, and jumping motions. Though pickleball is a game played by all ages, the "core" group of participants tend to be older, with 75% of players being 55 years old and up as per the USA Pickleball Association. The combination of picking up a novel sport, old age, and previously sedentary lifestyles has severely increased the risk of injury when playing Pickleball. As the popularity of the sport continues to grow the risk of injury does as well!

**TO READ MORE ABOUT INJURY PREVENTION, PLEASE USE THE QR TO READ THE REST OF THE ARTICLE!**



## 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

## Dr. Rachel Wright is a pelvic floor specialist



Dr. Rachel Wright earned her Doctorate of Physical Therapy from New York University in 2013. Dr. Wright possesses expertise in the field of orthopedics and sports rehabilitation, complemented by a diverse range of additional certifications. These include being certified in pelvic health rehabilitation through the APTA, holding a certification as a specialist in pregnancy and postpartum corrective exercise, being a Certified Strength and Conditioning

Specialist, and also attaining the designation of RRCA Level 1 running coach. Her extensive clinical experience treating injuries and conditions, such as:

- Sports & Repetitive Stress Injuries
- Pre & Post Orthopedic Surgical Rehabilitation
- Spine & Musculoskeletal Conditions
- Pelvic Floor conditions & ailments, such

as urinary incontinence or frequency, interstitial cystitis, dyspareunia (pain with intercourse), diastasis recti, coccyx pain/dysfunction, constipation, pubic symphysis pain, & pelvic organ prolapse.

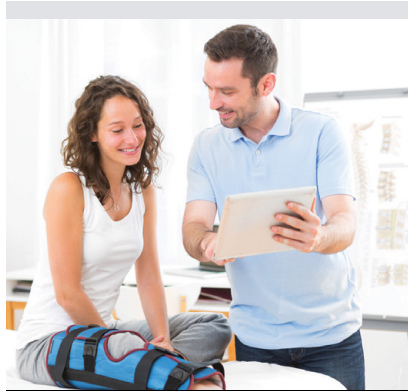
## Dr. Alice Canale is a TMJ Specialist



Dr. Alice Canale earned her MS in Physical Therapy from New York Medical College in 2002, she furthered her education receiving her Doctorate in Physical Therapy in 2020. Dr. Canale has been practicing in outpatient orthopedic clinics in Westchester for 20+ years. Her extensive clinical experience includes treating injuries and conditions, such as:

- Sports & Repetitive Stress Injuries
- Pre & Post Orthopedic Surgical Rehab
- Spine & Musculoskeletal Conditions
- Migraine / headaches & TMJ Dysfunctions

Dr. Canale uses a full body approach to determine the root cause of an injury to develop a rehabilitation program for each patient, specializing in manual therapy and functional patterns. Dr Canale specializes in pre and post operative conditions, general deconditioning, gait and balance disorders, migraine/headache and TMJ dysfunctions.



## 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](http://www.proclinix.com) to book your appointment today!

**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!**

**CALL US TODAY!  
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