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# **A MULTIDISCIPLINARY APPROACH TO RELIEVING YOUR ARTHRITIS PAIN**

*ProClinix Dr Chris Ju in Pleasantville using our mini tidal tank to challenge this patient's shoulder stabilization and strength*

## **ALSO INSIDE**

- The Two Most Common Types Of Arthritis
- Featured Article Of The Month • Aquatic Therapy Announcement



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

# NEWSLETTER

NOVEMBER 2023

MEET OUR NEW DIRECTOR OF AQUATIC THERAPY, AGNIESZKA TACHKOV, LPTA!



## A MULTIDISCIPLINARY APPROACH TO RELIEVING YOUR ARTHRITIS PAIN

Do you wake up with stiff joints and find it difficult to get moving in the morning? Do you notice your hands have a dull or burning pain, especially after periods of increased use, such as gripping or grasping? You may be experiencing arthritic pain.

Fortunately, at ProClinix Sports Physical Therapy & Chiropractic, our physical therapists, chiropractors, massage therapists, and acupuncturists can help you improve your motion and manage your pain!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe, and those severe cases can lead to chronic pain that profoundly impacts your quality of life.

At ProClinix Sports Physical Therapy & Chiropractic, our integrative team will work together to help identify the severity of your condition and provide you with guidance on resolving your pain, restoring your motion, and getting back to living the life you enjoy!

Contact us today to schedule a consultation and learn how our services can benefit you.

### WHAT ARE THE TWO MOST COMMON TYPES OF ARTHRITIS?

Arthritis is a general term that includes over 100 diseases causing joint inflammation. Approximately 25% of the adult population in the United States suffers from arthritis. The most common are osteoarthritis and rheumatoid arthritis.

Osteoarthritis (OA) is the most common form of arthritis and is caused by degeneration in the cartilage of a joint. Healthy cartilage acts as a cushion and shock absorber for the bones in the joints. But when it degenerates, the bones rub against each other, causing inflammation, loss of range of motion, and pain.

Rheumatoid arthritis (RA), the second most common form of arthritis, is an autoimmune condition. When someone has rheumatoid arthritis, their immune system sees the joints as a threat and attacks them, resulting in pain and inflammation.

Fortunately, our team of physical therapists, chiropractors, massage therapists, and acupuncturists are skilled at treating both types of arthritis. Our integrated approach provides solutions without aggravating your pain.

*Continued inside >>*

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



# AQUATIC THERAPY ANNOUNCEMENT!

**NEW AQUATIC THERAPY PROGRAM AT TARRYTOWN LOCATION**  
SUBCHRONIC PAIN? CONSIDER AQUATIC REHABILITATION

ProClinix Sports Physical Therapy & Chiropractic is excited to share that our Tarrytown office is now offering Aquatic Therapy to its catalog of specialized treatment services! Aquatic Therapy is similar to Physical Therapy—it just takes place in the water rather than on land. Exercising in the water is less stressful on joints which makes it easier to build strength without additional equipment. Water's natural buoyancy also reduces pressure on joints – and it is that buoyancy that allows patients to complete various strengthening and stretching exercises more easily and with less discomfort.

Conditions that can be treated with Aquatic Rehabilitation include, but are not limited to, orthopedic injuries, arthritis, osteoarthritis, rheumatoid arthritis, fibromyalgia, neurologic disorders, postsurgical pain/dysfunction, low back pain, knee pain, and balance problems. Our Tarrytown office is fully equipped with an experienced staff and top-notch amenities to assist you on your road to recovery using Aquatic Rehabilitation.

Schedule an Aquatic Therapy evaluation with one of our Physical Therapists and our Director of Aquatic Therapy, Agnieszka Tachkov, LPTA by calling our office at **914-207-7337** or emailing [admin@proclinix.com](mailto:admin@proclinix.com). Insurance may apply.

**Continued from outside >>**

## HOW THE TEAM AT PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC HELPS RELIEVE ARTHRITIS PAIN

Many people respond to arthritis pain by resting the affected joint. Unfortunately, this doesn't help and may make the condition worse. In fact, movement and exercise are some of the best ways to manage arthritis pain long-term—and our team will work together to help you get to the point where that's possible for you!

One of the primary goals of treatment is to regain as much function as possible in the affected joint. The pressure on the joint can be relieved by restoring normal joint movement and improving muscle strength. This reduction helps reduce stress and helps relieve pain.

Here's how our team will help you get there:

**Pain Management:** Our physical therapists, chiropractors, massage therapists, and acupuncturists all offer unique approaches to acute pain management. We'll find the ones that work best for you.

**Therapeutic Exercise:** We'll develop a personalized exercise program to help you move your joints in a way that suits your current ability level. We'll show you targeted stretches, strengthening exercises, and specialized training that will relieve your pain and improve your function.

**Patient Education:** We'll give you the tools you need to successfully manage your condition, from exercises or self-massages you can perform at home to advice about mobility aids or home modifications that will ensure you can get around safely.

By improving the motion of your joints, strengthening the supporting muscles, and restoring the way you walk, bend, and move, our team of physical therapists, chiropractors, massage therapists, and acupuncturists will help you successfully manage your condition. With regular, guided exercise and different pain relief techniques, you'll find that arthritis doesn't have to hold you back!

## CALL TODAY TO SET UP AN APPOINTMENT

Are you living with arthritis pain? No matter what type of arthritis you have, a blend of physical therapy, chiropractic care, massage therapy, and acupuncture will help you find the relief you're looking for.

Don't let your arthritis limit you any longer — schedule your consultation at ProClinix Sports Physical Therapy & Chiropractic today.

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

[WWW.PROCLINIX.COM](http://WWW.PROCLINIX.COM)



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Meet our new Director of Aquatic Therapy, Agnieszka Tachkov, LPTA!

Aquatic Therapy offers people of all ages a safe & relaxed environment for rehabilitation.

As a safe alternative to land therapy, it is clinically proven to treat ailments that impact everyday living.

**Start your wellness journey today with our trusted & experienced staff!**

## 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



## Pain and When to Seek Treatment

By: Daniel Bogart, PT, MS, CSCS

What is pain? Pain is defined as "physical suffering or discomfort caused by illness or injury." What people don't understand, in most cases, is that pain is a symptom of some other underlying issue in our bodies. Pain is simply what a person is feeling (noxious stimulus) due to a variety of possible causes, including movement dysfunction, weakness, instability, poor motor control, among others. As a result of the above mentioned causes, inflammation develops which a person interprets as pain. As a Physical Therapist who specializes in movement disorders and orthopedic related conditions, it is my job to find out the source of the patient's pain by doing a comprehensive assessment, and then developing a treatment plan that addresses a patient's specific, individualized impairments.

One of the most challenging aspects for patients is trying to determine whether or not they need or should seek treatment for their pain. Pain is very often misunderstood, and is in many cases fleeting, causing patients to put off consulting with a medical professional which can turn acute problems into chronic conditions. When a condition is left untreated, our bodies tend to adapt and develop compensatory movements which lead to issues in other parts of the body. In order to avoid this, it is imperative to seek treatment as soon as possible. As a rule of thumb, I typically advise people that if pain persists for more than a few days, or continually gets worse instead of subsiding, it is time to consult with a Physical Therapist or physician.

An injury can happen due to some form of acute trauma, such as a fall or sports-related injury, which medical professionals refer to as a macrotrauma. In these cases, the cause is clear so it is typically easier to diagnose and formulate a treatment plan. Injuries can also develop gradually, which professionals refer to as microtrauma, and these conditions typically occur secondary to an abnormality of movement, weakness or instability in or around our joints. The latter typically requires a clinician to look at multiple body systems to find out where the pain is stemming from since there was no clear mechanism of injury. In either case, seeking treatment early is critical to address the underlying issue so patients can resume their activities pain free, at a high level of function.

The most cost effective and time sensitive way for a patient to take ownership over an injury is to seek the help of a licensed Physical Therapist. In the past, patients were required to see a physician to get a referral for Physical Therapy. Since 2015, all 50 states have adopted "Direct Access" which allows a patient to see a Physical Therapist for a max of 10 visits within 30 days before needing a referral from a physician to continue care. This allows patients to get a comprehensive assessment to find out the severity of their injury, and begin treatment immediately to prevent their symptoms from worsening. Physical therapists are highly trained to treat a variety of orthopedic and neurologic conditions, as well as educated to make the appropriate referral out to see a physician or get diagnostic imaging to confirm or rule out what is suspected at the time of evaluation.

A lot of people are unaware that they can see a Physical Therapist prior to seeing a doctor; they are also unaware that a Physical Therapist has the education and expertise to diagnose an injury. It is important that people learn this and utilize our services to prevent mild issues from turning into chronic conditions which take longer to resolve. If you recently hurt yourself, or have been living with a nagging injury that has impacted your quality of life, kept you off the field, impacted your ability to perform work related duties, among other things, please do not disservice yourself - seek the help and guidance of a Physical Therapist to get you back to doing whatever it is you love to do.

*Daniel Bogart, PT, MS, CSCS is a Physical Therapist at ProClinix Sports Physical Therapy & Chiropractic in Ardsley. For more information about this article or services, he can be reached at [dbogart@proclinix.com](mailto:dbogart@proclinix.com). Visit our website [www.proclinix.com](http://www.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](http://www.proclinix.com) to book your appointment today!

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