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**DEALING WITH AN ACHING BACK?  
A MULTIDISCIPLINARY APPROACH CAN PROVIDE RELIEF**

*Dr. Tyler Fallon, PT, DPT, manually stretching this patient with neck and upper back pain*

**ALSO INSIDE**

- Surprising Facts About Back Pain
- New Hires! • Featured Article of the Month



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# DEALING WITH AN ACHING BACK?

## A MULTIDISCIPLINARY APPROACH CAN PROVIDE RELIEF

Have you been struggling with lower back pain? Are you still experiencing symptoms from a previous injury? At ProClinix Sports Physical Therapy & Chiropractic, we blend physical therapy, chiropractic care, massage therapy, and acupuncture to help you find long-lasting relief!

Back pain is a debilitating condition that millions of people experience each year. Depending on the severity, back pain can hinder your ability to sit, stand, walk, or bend over, making it a challenge to participate in your favorite activities.

When it comes to back pain, symptoms can vary. You might experience anything from a slight nagging ache to crippling, shooting pains. But with guidance from our multidisciplinary team, you can find solutions to your pain and how to manage it so you can get back to living the life you enjoy.

Call us today to set up an appointment with one of our highly trained providers. At ProClinix Sports Physical Therapy & Chiropractic, you can overcome back pain and return to an active, healthy lifestyle.

### SURPRISING FACTS ABOUT BACK PAIN

- Back pain is the single leading cause of disability worldwide and can prevent people from working and engaging in everyday activities.
- Back pain is the third most common reason for doctor visits,

behind skin disorders and osteoarthritis/joint disorders.

- Most cases of back pain are mechanical—meaning they are not caused by underlying pathologies, such as infection, fracture, or cancer.
- You can have back pain without damage or injury. However, more than two-thirds of back strains are caused by lifting and other exertions, such as pulling and pushing.
- Injections, surgery, and strong medications aren't guaranteed cures. In fact, physical therapy, chiropractic care, massage therapy, and acupuncture are often better options!

### COMMON RISK FACTORS FOR BACK PAIN

Anyone can experience back pain, but certain risk factors make you more likely to develop the condition. Some of those factors include the following:

**Age:** The first attack of low back pain typically occurs between 30 and 50, and back pain becomes more common with advancing age.

**Activity level:** Sedentary people are more likely to suffer painful back injuries than people who are more physically active. This is one of the reasons why our integrated approach is so effective, as we can show you targeted exercises to help you restore strength to the muscles that support and stabilize your back.

*Continued inside >>*

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



### Continued from outside >>

Job-related factors: A job requiring heavy lifting, particularly twisting or vibrating the spine, can lead to back pain. Similarly, prolonged sitting contributes to the development of lower back pain. We can help with ergonomic suggestions to ensure your workspace isn't damaging your back.

### WHAT CAN OUR MULTIDISCIPLINARY TEAM DO TO HELP MANAGE BACK PAIN?

At ProClinix Sports Physical Therapy & Chiropractic, our team consists of physical therapists, chiropractors, massage therapists, and one acupuncturist who will work together to help you find relief from back pain. We aim to help improve your spine movement, posture, muscle stability, and strength while providing acute pain management.

We'll work with you to implement an individualized treatment plan based on your needs. Here's what you might expect:

**Pain Relief:** We offer several pain relief techniques, including spinal adjustments and mobilizations, massage therapy, and acupuncture. We often use a blend of techniques to help you find acute pain relief before we move on to addressing the underlying cause of your pain.

**Exercise:** Back pain often stems from weakness in the trunk and core muscles. By restoring that strength, you'll find lasting pain relief. We can guide you through targeted exercises in the clinic and suggest a home exercise program that will keep you moving (and help keep you pain-free).

**Education:** Finally, we'll help you understand the reasons for your back pain and what you can do to avoid future occurrences. For example, we can help you find the correct alignment for your spine or demonstrate proper lifting techniques.

### BOOK AN APPOINTMENT TODAY!

Call ProClinix Sports Physical Therapy & Chiropractic today to schedule an appointment to work with our multidisciplinary team. We can let you know whether you'll benefit most from physical therapy, chiropractic care, massage therapy, or acupuncture—in many cases, you'll see the best results from utilizing all three!

No matter how severe your back pain may be, we can help you find relief safely and comfortably so you can get back to doing the activities you love!

VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT TODAY!

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



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## NEW HIRES!

# Welcome

to our latest hires!



### DR. EVAN QATANI, PT, DPT, CSCS

Meet our new **Certified Strength and Conditioning Specialist** located at our Armonk and Larchmont locations!



### AGNIESZKA TACHOV, LPTA

Meet our new **Director of Aquatic Therapy** located at our Tarrytown location with 20+ years of clinical experience!



### DR. RACHEL WRIGHT, PT, DPT, CSCS

Meet our new **Pelvic Health Specialist and Certified Strength and Conditioning Specialist** located at our Ardsley location!



### DR. ALICE CANALE, PT, DPT

Meet our new **TMJ Specialist** located at our Plesantville location with 20+ years clinical experience!

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# FEATURED ARTICLE OF THE MONTH



## The Importance of Single Leg Stability and Pelvic Control for the Running Athlete

By: Dr. Christopher Ju PT, DPT, CSCS, USAW

With the New York City Marathon rapidly approaching, there is an influx of runners, both recreational and competitive, coming into the clinic for advice on how to optimize their running form and mechanics.

When new patients enter the clinic with a running-related injury, they go through a thorough movement assessment. One of the main components of my movement evaluation is looking at and determining their ability to stabilize on a single leg. In particular, I am looking to see if runners are able to maintain optimal pelvic positioning. In other words, are they able to stand on one leg without letting their hip bones on either side move excessively? The inability to stabilize on a single leg and maintain a "neutral pelvis" while running can lead to a plethora of injuries in the knee, hip, low back, and even foot and ankle. In this article, I am going to explain how pelvic positioning while running can affect different joints in the body and how it can lead to many different running-related injuries.

While watching individuals run, two of the most common movement faults that Physical Therapists notice are 1) contralateral hip drop, 2) ipsilateral trunk lean, and 3) anterior pelvic tilt.

### Contralateral / Opposite Side Hip Drop

While watching individuals run, you will often see the hip of the leg that is off the ground positioned lower than the hip of the leg that is on the ground. This is referred to as a contralateral (opposite side) hip drop and causes the runner's center of mass to shift away from the leg on the ground leading to increased stress and compression between the patella (e.g. "knee cap") and medial side of the knee. This can lead to patellofemoral pain syndrome (PFPS), or "runner's knee." Hip drop can also lead to low back pain. When the pelvis drops, low back muscles on that side can be over lengthened and overworked leading to debilitating muscle strains.

### Ipsilateral / Same Side Trunk Lean

When runners are unable to stabilize on a single leg, often due to weakness of the gluteal muscles, you will often see them lean towards the leg that is on the ground. This is referred to as an ipsilateral (same side) trunk lean. As a result of this trunk lean, the leg on the ground can often be seen rotating inwards, causing the knee joint to collapse towards the center of the body. This inwards motion of the knee can lead to many lower extremity injuries, including PFPS, iliotibial band (ITB) syndrome, and greater trochanteric bursitis. Trunk lean towards the stance limb when running can also lead to compressive forces in the vertebrae on that side, potentially resulting in facet joint dysfunction in the lower back.

### Anterior Pelvic Tilt

Anterior pelvic tilt is the million-dollar word for a forward rotation of the pelvis and often occurs as runners extend their legs behind them during the running stride. If your hip flexors are restricted and cannot fully extend your hip as your leg goes back, your pelvis will often rotate forward into an anterior pelvic tilt. Due to the intricate connection between the pelvis, lower back, and hip, this forward rotation of the pelvis can lead to numerous injuries. For example, with the pelvis positioned in anterior pelvic tilt, the hip joint can become more restricted and "closed down" potentially leading to femoroacetabular (FAI) impingement syndrome, or "hip impingement." The pelvis serves as an important attachment point for multiple muscle groups including the hamstring muscles, so an altered position of the pelvis when running can put excessive stress or strain on these muscle groups, leading to injuries such as hamstring strains/tears.

It is important to note that pelvic positioning during running is only one factor to consider when working with runners. However, due to its intricate connection to many other joints and muscles in the body, it is certainly an important factor to consider when determining the root cause of running-related injuries. If you are having pain with running and don't know where to start, schedule a running assessment with a movement specialist who can determine the likely root cause of your pain. In addition to getting you back on track to do what you love, we can also help you prevent these injuries from returning in the future.

*Dr. Christopher Ju, PT, DPT, CSCS, USAW is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic in Pleasantville, certified Strength & Conditioning Specialist, and a Sports Performance Coach at Velocity Sports Performance Westchester. For more information about this article or physical therapy, he can be reached at [cju@proclinix.com](mailto:cju@proclinix.com). Visit our website [www.proclinix.com](http://www.proclinix.com).*



## WHATEVER YOUR NEEDS, PROCLINIX CAN HELP!

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