



APRIL 2024



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*Best of Health for 2024
from your Best of Westchester Team
Your Health Starts Here*



HOW MULTIDISCIPLINARY CARE CAN HELP YOU GET HEALTHIER

ProClinix Armonk Physical Therapist Dr James Cassell using Graston Techniques on peroneal tendonitis

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PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

APRIL 2024



HOW MULTIDISCIPLINARY CARE CAN HELP YOU GET HEALTHIER

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At ProClinix Sports Physical Therapy & Chiropractic, we want to help you cut through the noise. Our physical therapists, chiropractors, massage therapists, and acupuncturists all take a holistic view of health and wellness. We understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place — and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

Are you ready to start making healthy changes in your life? Call us today to set up an appointment!

WHAT IT EVEN MEANS TO “BE HEALTHY”

The World Health Organization defines health as “a state of complete physical, mental, and social well-being and not merely the absence

of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of “healthy.”

SIMPLE TIPS FOR HEALTHY LIVING FROM THE PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC TEAM

- 1. Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- 2. Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic

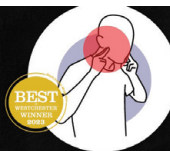
Continued inside >>

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



ARTICLE OF THE MONTH

ALICE
CANALE



TMJ DISORDER SPECIALIST

Dr. Alice Canale earned her Doctorate of Physical Therapy from Shenandoah University and has more than 20 years of clinical experience in outpatient orthopedic clinics. Dr.

Canale specializes in migraines, headaches, TMJ dysfunctions, pre and post-orthopedic surgical rehab, gait and balance disorders, and treating stress injuries, spine conditions, and musculoskeletal conditions. She uses a full-body approach to determine the root cause of an

injury to develop a rehabilitation program for each patient. Dr. Canale is a member of the APTA and NYPTA chapters and a Clinical Instructor with APTA, teaching upcoming physical therapists.



Continued from outside >>

health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!

3. Eat a Nutritious Diet: Although it may seem like certain foods cycle in and out of “health food” status, research has confirmed the ideal diet: one that’s varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods to your meals rather than restricting less healthy choices.

4. Stay Hydrated: As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.

5. Meditate Daily: Taking five minutes each day to practice deep breathing and mindfulness can, like exercise, have a radiating effect on your physical and mental health.

OUR ROLE IN PROMOTING GOOD HEALTH

Our integrated team offers several tools to help you live the healthiest life possible. Pulling from physical therapy, chiropractic care, massage therapy, and acupuncture, we can...

- Help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- Provide all-natural alternatives to pain medication.
- Develop a fun, effective exercise program that suits your interests and abilities.
- Identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road — and give suggestions for managing that impairment now!
- Show you relaxation techniques to manage stress.

And much more! When you visit us, we'll create a customized program that addresses your unique needs.

FIND GOOD HEALTH WITH PROCLINIX SPORTS PHYSICAL THERAPY & CHIROPRACTIC

Our multidisciplinary team is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!

Exploring the Role of Physical Therapy in Treating Temporomandibular Joint Dysfunction Beyond the Head and Neck By Alice Canale, PT, DPT

Temporomandibular Joint Dysfunction (TMJD) is a prevalent condition affecting the jaw joint and surrounding muscles. While commonly associated with head and neck discomfort, the impact of TMJD extends beyond these regions, necessitating a comprehensive examination and treatment approach. Physical therapy emerges as a valuable ally in addressing TMJD, aiming not only to alleviate immediate symptoms but also to foster long-term recovery and overall well-being.

Understanding Temporomandibular Joint Dysfunction: TMJD encompasses a range of disorders affecting the temporomandibular joint, causing pain, stiffness, and dysfunction in jaw movement. However, these symptoms can manifest in various areas of the body, indicating a need for a holistic examination. Physical therapists play a crucial role in identifying these interconnected issues and tailoring treatment plans that extend beyond traditional head and neck interventions.

Comprehensive Examination: A thorough examination by a skilled physical therapist is essential to unravel the complexity of TMJD. Beyond the standard assessment of jaw movement and muscle tenderness, therapists explore the patient's entire musculoskeletal system. This may involve assessing posture, examining the spine, and evaluating the biomechanics of the entire body to identify any contributing factors to TMJD.

Addressing Musculoskeletal Imbalances: Physical therapists employ a multifaceted approach to treat TMJD, recognizing the interplay between different regions of the body. Imbalances in the spine, pelvis, or even the feet can influence jaw mechanics. Through targeted exercises and manual therapies, physical therapists aim to correct these imbalances, restoring proper alignment and reducing stress on the temporomandibular joint.



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ARTICLE CONTINUED

Incorporating Whole-Body Movement: TMJD is not solely a localized issue, and its treatment should reflect this reality. Physical therapists emphasize whole-body movement to improve coordination, flexibility, and strength. Therapeutic exercises may involve not only the jaw but also the shoulders, hips, and core muscles. This integrative approach helps address compensatory movements that may exacerbate TMJD symptoms.

Stress Management and Relaxation Techniques: Stress is a known contributor to TMJD, and its effects can extend beyond the head and neck. Physical therapists incorporate stress management techniques into their treatment plans, such as relaxation exercises, mindfulness, and breathing techniques. By addressing stressors, therapists aim to reduce tension throughout the body, positively impacting TMJD symptoms.

Joint Mobilization and Soft Tissue Techniques: In addition to exercises, physical therapists utilize manual therapies to directly address the temporomandibular joint and surrounding structures. Joint mobilization techniques aim to improve joint mobility, while soft tissue techniques target muscle tightness and trigger points. These interventions can provide immediate relief and contribute to long-term recovery.

Educating Patients for Long-Term Management: Empowering patients with knowledge about their condition is a fundamental aspect of physical therapy for TMJD. Therapists educate individuals on proper ergonomics, jaw habits, and self-care strategies to manage symptoms independently. This proactive approach encourages long-term adherence to healthy habits, minimizing the risk of TMJD recurrence.

Physical therapy emerges as a pivotal player in the comprehensive examination and treatment of Temporomandibular Joint Dysfunction, extending its focus beyond the head and neck. By addressing musculoskeletal imbalances, incorporating whole-body movement, and employing a combination of therapeutic techniques, physical therapists strive to provide holistic care that enhances overall well-being. Empowering patients with the knowledge and tools for long-term management reinforces the role of physical therapy as a valuable ally in the multifaceted journey toward TMJD recovery.

Alice Canale, PT, DPT, is a physical therapist at ProClinix Sports Physical Therapy & Chiropractic in Pleasantville. For more information about this article or services, she can be reached at acanale@proclinix.com. Visit our website www.proclinix.com.



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- Chiropractic services
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