



MAY 2024



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



HOW WE CAN HELP PREVENT SURGERY FOR SPORTS-RELATED INJURIES

ProClinix Ardsley Physical Therapist - Dr. Daniel Bogart, PT, MS, CSCS

ALSO INSIDE

- Tailored Plans After an Injury
- Article of The Month • We're Hiring



PROCLINIX
SPORTS PHYSICAL THERAPY & CHIROPRACTIC



HOW WE CAN HELP PREVENT SURGERY FOR SPORTS-RELATED INJURIES

If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, the multidisciplinary team at ProClinix Sports Physical Therapy & Chiropractic can help you recover after an injury and avoid the need for surgery in many cases.

Our team can help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We'll take a holistic approach, incorporating physical therapy, chiropractic care, massage therapy, and acupuncture, that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and the need for surgery.

TAILORED PLANS AFTER AN INJURY

Most orthopedic-type surgeries are not urgent or emergencies. Although traumatic situations can be emergencies, most times, there is a significant period of time between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more frequent is the number of people who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help. Unfortunately, rest, avoidance, and trying to ignore or push through pain only lead to a bigger, often more complex, problem.

At ProClinix Sports Physical Therapy & Chiropractic, our team will weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. This is why our physical therapists, chiropractors, massage therapists, and acupuncturists will work together to find the right treatments for your needs!

WHAT TO EXPECT AT YOUR SESSIONS

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. We'll begin by thoroughly

Continued inside >>

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



Continued from outside >>

evaluating the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Next, we will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. We aim to minimize the risk of needing surgery so you get back to training and competing in the sport you love.

Here's an example of what this might look like:

- We'll start with pain management, including massage therapy and/or acupuncture techniques, and work on restoring mobility to the injured area through manual therapy and chiropractic adjustments.
- Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries.
- We will also incorporate balance and coordination exercises to stimulate the nervous system and help you run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

The multidisciplinary approach at ProClinix Sports Physical Therapy & Chiropractic will provide the foundation for successful training while reducing future injuries and avoiding surgery!

FIND THE RIGHT SOLUTION FOR YOUR NEEDS

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our physical therapists, chiropractors, massage therapists, and acupuncturists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Whether you're on the brink of surgery or hoping to prevent it, our team will create a program tailored to your unique needs. Reach out to our clinic to learn more!

ARTICLE OF THE MONTH

THE VALUE OF STRENGTH TRAINING ACROSS THE LIFESPAN

By Michael Donnelly, PT, DPT



As the warm months quickly approach, it's always encouraging to see people getting out and becoming more active. Whether you're cycling around the back roads of town, jogging through a nearby nature preserve, or getting out on the golf course, many of us will look to add an extra activity to our weekly schedule

in the near future. These activities, and most others like them, tend to be primarily aerobic (or cardiovascular) in nature. Traditionally, these types of exercise are thought to get our blood flowing, our lungs working, and result in positive effects for our short-term and long-term health.

Many of the most famous health initiatives, such as the NFL's Play 60 and various government-funded projects, do a great job of advocating for regular participation in general physical aerobic activity. While the ideas promoted by these projects are highly valuable, Americans have not traditionally been made as well aware of the countless benefits of the other major category of exercise - strength training. Strength training tends to involve working to overcome bodyweight or external resistance (bands, dumbbells, etc.), to build muscle and/or gain strength. For many whose goals do not involve bodybuilding or playing professional sports, this type of activity tends to be put on the backburner. However, resistance-based strengthening can provide invaluable, and often surprising, benefits at various times across the lifespan.

1. **Youth and adolescence:** Among health and fitness professionals, it is generally now accepted that children are appropriate to begin some type of strength training close to when they are old enough to participate in organized sports. There was a period of time (not too long ago) when many parents were concerned about strength training stunting their children's growth. Fortunately, this myth was quickly debunked as it was confirmed that running, jumping, and other commonly accepted childhood activities actually imposed greater forces on the body than resistance training does. Strength training has been shown to decrease injury risk by more than 50% in active adolescents, with most of this research being conducted on children playing organized sports.
2. **Early and middle adulthood:** The National Institutes of Health recommend that American adults participate in moderate intensity strength training at least two times a week for general health benefits, even if you are already meeting general guidelines for aerobic exercise. Interestingly, recent research has shown that women who strength train multiple times per week are able to lower their risk of death from heart disease.
3. **Middle to late adulthood:** Multiple scientific studies have validated the importance of strength training in those over 65 years old. In fact, muscular strength and power have been shown to be very reliable predictors of physical independence as we age. I have echoed the findings of this research countless times to clients - if you can't stand up from a chair by yourself, it's going to be hard to use the bathroom on your own.

ARTICLE OF CONTINUED

4. Other special considerations: In adults with Type 2 Diabetes, especially males, strength training has been shown to yield positive effects on blood sugar levels. Conversely, patients with osteoporosis (who are most often female) have been able to limit, and sometimes actually reverse, losses in bone mineral density with regular performance of strength and power exercises.

This list is far from exhaustive, but it provides a quick glimpse into how impactful consistent strengthening exercise (even in small doses) can be. No matter what phase of life (or what season of the year) we are in, we can all likely benefit from incorporating some regular resistance training into our routine.

Be sure to speak to a healthcare provider that you trust before beginning a new exercise program. With countless group-based and individual fitness options in the area, you're bound to find something that compliments your personality, fits your family's schedule, and doesn't interfere with your desired tee time.

To learn more, feel free to visit:

1. The National Institutes of Health Website: <https://www.nih.gov/>
2. The National Library of Medicine Website: <https://www.ncbi.nlm.nih.gov/>
3. The National Strength and Conditioning Association Website: <https://www.nscsa.com/>

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Visit our website www.proclinix.com.



ProClinix Physical Therapy and Chiropractic is opening up a new location in Yorktown, NY! If you or anyone else you know is interested in working for a Best of Westchester company (4x!), please see all of our open job listings on the Careers page on our website: proclinix.com/join-our-team/



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 2024!
Visit us online at
WWW.PROCLINIX.COM
And make your pain a thing of the past!

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