



JUNE 2023



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DISCOVER THE BENEFITS OF A STRONGER CORE WITH THESE EXPERT TIPS!

Dr. Michael Donnelly, PT, DPT located at ProClinix Physiotherapy & Chiropractic in Armonk

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PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

JUNE 2024

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DISCOVER THE BENEFITS OF A STRONGER CORE WITH THESE EXPERT TIPS!

Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are all signs that may indicate core muscle weakness. At ProClinix Sports Physiotherapy & Chiropractic, our multidisciplinary team can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot—from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to your overall quality of life. We understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

Contact us today to set up an appointment or learn more about how our team of physiotherapists, chiropractors, massage therapists, and acupuncturists can help you strengthen your core!

WHAT IS THE "CORE"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, including breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back pain.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.

Continued inside >>

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



Continued from outside >>

BUILDING CORE STRENGTH WITH EXPERT GUIDANCE

Working with our team is a great starting point for building your core strength. We'll conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, your body can perform the most basic tasks and advanced athletic activities.

Our physiotherapists and chiropractors can design a program to teach you how to use your core muscles properly, while our massage therapists and acupuncturists can help you manage acute pain to help make it more manageable.

The program will start by focusing on core-specific exercises before progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

BOOK YOUR APPOINTMENT AT PROCLINIX SPORTS PHYSIOTHERAPY & CHIROPRACTIC TODAY!

Our team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life!

Call us today to set up an appointment.

**CALL US TODAY!
914.292.0208**

ARTICLE OF THE MONTH



ENHANCING BALANCE: THE IMPORTANCE OF VESTIBULAR EXERCISES

By Dr. Jessica D'Erario, PT, DPT

Balance is a fundamental aspect of human function, influencing daily activities from walking to more complex movements such as running or playing pickleball. The vestibular system, located in the inner ear, plays a crucial role in maintaining balance by detecting changes in head

position and movement. Vestibular exercises are designed to stimulate and strengthen this system, thereby improving balance and decreasing risk for falls.

The vestibular system comprises of structures such as the semicircular canals and otolith organs, which detect rotational and linear movements. These sensory organs transmit signals to the brain, allowing for the perception of spatial orientation and motion. Dysfunction of the vestibular system results in balance deficits and vertigo which can affect mobility and quality of life.

Vestibular exercises target the vestibular system through specific movements and activities. These exercises aim to improve sensory integration, enhance proprioception, and strengthen reflexes. By challenging this system, individuals can adapt to different environmental conditions and keep their balance more effectively. Vestibular exercises can also help alleviate symptoms of dizziness and vertigo which improves confidence in daily activities.

There are a variety of exercises tailored to individual needs based on their abilities and tolerance. Some of the most common exercises include gaze stabilization and balance training.

Gaze stabilization: Involve focusing on a stationary object while the head is moving side to side or up and down, helping to improve visual stability with head movements. It is important to start these exercises slowly and gradually increase speed and duration.

1. **Fixed point Focus:** Choose a stationary object and fix your gaze on it. Slowly move your head from side to side or up and down while maintaining your focus on the object. The object should stay steady and clear while moving your head. If not, slow down your head movements until your focus is clear. Repeat this movement increasing the speed and the range of motion.
2. **Visual Tracking:** Hold a small object, such as a pen, at arm's length in front of you. Move the object smoothly from side to side and follow it with your eyes only, while keeping your head still. Then move your head slowly in the opposite direction while continuing to track the object with your eyes.

Balance: Balance training exercises challenge proprioception and coordination through various activities

1. **Rhomberg:** Start by putting your feet next to each other so they are touching. Hold this position for 30 sec - 1 min. To progress, close your eyes and/or perform on uneven surfaces, such as a foam pad.
2. **Tandem:** Stand with one foot in front of the other, heel to toe and maintain balance for as long as possible. To progress, close your eyes and/or perform on uneven surface, such as a foam pad.

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ARTICLE CONTINUED

3. Single leg stance: Stand on one leg while keeping the other leg lifted off the ground. Hold for as long as possible. To progress, close your eyes and/or perform on uneven surface, such as a foam pad.
4. Dynamic balance: Incorporating a ball toss, reaching for objects, twisting, etc while standing on a single leg or uneven surface, such as a foam pad.

Enhancing balance through vestibular exercises has a significant implication for daily functioning and quality of life. Improving balance reduces the risk of falls, particularly with elderly patients. By maintaining stability and mobility, individuals become more confident with walking, negotiating stairs, going grocery shopping, etc. Additionally, enhanced balance can help improve physical health and independence.

Dr. Jessica D'Erario, PT, DPT, is a physiotherapist at ProClinix Sports Physiotherapy & Chiropractic in West Harrison. For more information about this article or physiotherapy, she can be reached at jderario@proclinix.com Visit our website www.proclinix.com.

EXERCISE OF THE MONTH

CLAMSHELLS

by Liz Bynum, PT, DPT

Clamshells are a great exercise to help strengthen a very important hip muscle that we use every day for walking, standing, negotiating stairs, and many other things. This muscle is the Gluteus Medius and is a commonly weak muscle in many people of all ages. Clamshells are also a great option because they can be done on your bed or yoga mat without any equipment. Start improving your glute strength and tolerance today!

Let's try it:

1. Start by lying on one side.
2. Put the legs together and bend at the knees and hip
 1. Tip: if you have any low back or hip problems you can put a thin pillow in between your legs to keep your hips aligned.
3. Keeping your feet glued together, lift the top leg like a clam opening.
4. Pause for a second at the top and then slowly lower back down to starting position.
5. Start with 10 repetitions. Take a break and repeat 2-3 more sets of 10 repetitions.
6. Aim for 3 sets of 10 total on each side.
 1. Tip: if you feel 3 sets of 10 repetitions are too easy you can try adding a light resistance band just above your knees. However, make sure you never feel a strain when performing any exercise.



WHATEVER YOUR NEEDS, PROCLINIX CAN HELP!

At ProClinix Sports Physiotherapy & 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!



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