



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYPT.COM

JUNE 2021

**REV UP
YOUR
ROUTINE.**

**PT CAN
HELP YOU
RETURN TO
EXERCISE
SAFELY!**

INSIDE...

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IT'S TIME TO BOUNCE BACK!

GET BACK INTO A SAFE EXERCISE ROUTINE WITH PHYSICAL THERAPY

For many of us, staying at home during this pandemic has caused a huge loss of progress in regards to working out at the gym and staying fit. Leading a sedentary lifestyle can lead to more aches, pains, and discomfort than you might think!

Your body, quite simply, was made to move. With gyms and exercise classes closed for so long, you may have some pain and soreness when you get back to your daily physical activity. You must understand the safest ways to get back into your exercise routine, so you can avoid injuries.

At Recovery Physical Therapy, we want to make sure you can get back into your normal exercise routine without developing any unnecessary aches and pains.

Use the following tips, and feel free to contact us if you have any additional questions!

1 Always use proper form.

Proper form could mean the difference between physical progress and developing an injury. No matter what type of physical exercise you are trying to get back into, maintaining your form is a crucial part of it!

Your ability to safely perform stretches and exercises depends on you maintaining good posture and proper body positioning. You might find that your natural posture has changed a little bit because of a lack of physical activity. Our team at Recovery Physical Therapy can assist with improving your form during exercise by addressing any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. They can show you the correct targeted exercises and

stretches you can do to improve your current form and limit the amount of impact on your joints during exercise.

2 Take it easy at first.

If you haven't been participating in the same type of vigorous physical activity you used to be accustomed to, it is important to begin with baby steps so that you are not adding extra stress or strain to your joints and muscles.

When you push your body past its limits, you become more prone to injuries because your body is not prepared for those kinds of physical demands. A physical therapist can help you recognize your body's limits and can create an exercise plan for you to get back to your physical goals. Start small with gentle exercises and stretches, and build up from there!

3 Set a weight goal.

The past six months have caused many of us to lose some muscle mass and gain extra weight. With help from a physical therapist, you can set up an exercise regimen that will help you shed some pounds and maintain a healthy weight, taking off the added stress on your joints that may have developed.

Your physical therapist will also customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This will help in reaching your targeted weight and decreasing pressure on vulnerable parts of your body.

(Continued Inside)

We're here to help you be your healthiest. Call Recovery PT today at (917) 763-7825 to make an appointment!

4 Be Sneaky

Yep, you read that right! This is your permission slip to be sneaky when it comes to exercise. Oftentimes, physical therapists recommend small changes to a person's routine in order to make the adjustments manageable.

Consider these changes to be "bite size chunks," so that you don't feel as if your entire routine has to revolve around working out, and you also aren't throwing yourself full-speed back into a strenuous exercise routine.

Some changes to your routine that a physical therapist would approve of include:

- Getting off the bus one stop early and walking the rest of the way to your destination.
- Choosing the stairs instead of the elevator.
- Shoveling snow, raking leaves, and gardening as the seasons change.
- Walking up and down the field while your children are playing sports.
- Taking the dog on walks around the park or your neighborhood every day.

Ready to get back to a safe, healthy exercise routine?

We've all had to adjust our schedules and normal lifestyles as a result of the havoc wreaked by the pandemic. Life as we know it has changed and our bodies are taking a toll. Sitting at home constantly can cause way more damage than you might realize.

If you've been looking for assistance in getting back in shape, your search ends here. Recovery Physical Therapy is here to help you achieve your wellness and fitness goals. Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!



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Our goal is to help you reach yours! Come back into our clinic for treatment and return to an exercise routine, safely. Call us at (917) 763-7825 or visit us online at recoverypt.com to schedule an appointment today.



7 GREEN FOOD FACTS TO BOOST YOUR NUTRITION

Avocados have twice the amount of potassium as bananas, and **Green bananas** contain less sugar than those that are over-ripened.

Broccoli contains twice the amount of Vitamin C than oranges and as much calcium as whole milk.

Cilantro is good for digestion and helps to soothe ailments such as headaches, coughs, and nausea.

An **Onion's** sulfur compounds help in detoxifying the body and aid in cellular repair.

Parsley contains three times the amount of vitamin C as oranges, and twice the amount of iron as in spinach.

Peppermint can help you feel focused and alert during long days.



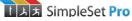
AT-HOME EXERCISE

Been a while since your last curl-up? Try this exercise to strengthen your core!

Classic Curl-Up

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner.



Exercises copyright of
 SimpleSet Pro
www.simpleset.net

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

COVID-19 UPDATE

As a healthcare facility, Recovery Physical Therapy will continue to require masks in our clinic, according to CDC guidelines, for the time being to keep our patients and staff safe. Please plan to wear a mask during your visits and don't hesitate to give us a call with any questions you may have.

PATIENT SUCCESS

Recovery Physical Therapy Patients are Seeing Results!



Recovery Physical Therapy is the best! Super knowledgeable practitioners who help you feel your best, gently encouraging you all while being warm and friendly each and every time.

The receptionists are amazing, kind, and fast. My go-to place when I need it. Recovery PT also really accommodates a busy schedule. They are the best!" – M.P.

Featured Technology:

HYPERVOLT MASSAGE GUN

At Recovery Physical Therapy, we utilize the Hyperice Hypervolt massage gun to help relax tight muscles, reduce inflammation, and minimize muscle soreness and tension for our patients.

Benefits Include:

- Relieves muscle soreness and stiffness
- Improves range of motion
- Promotes circulation
- Accelerates warmup and recovery




HYPERVOLT

Learn more about how our Massage Therapy services can help you by calling us at (917) 763-7825.

WE NEED YOUR HELP! SHARE YOUR 5-STAR RECOVERY PT EXPERIENCE:

1. Open your smart phone's camera
2. Center the QR code of your Recovery PT location in the frame >>

(this will take you to our Google Review Page)

3. Let us know how we did!

As we recover from the closure of our clinics as a result of the pandemic, we could use your positive review to help us find and retain new patients. Your review helps us change more people's lives through physical therapy. We appreciate you so much!



LARCHMONT



UPPER WEST SIDE



UPPER EAST SIDE



MILLBURN, NJ



FLATIRON DISTRICT



FASHION DISTRICT