



RECOVERY™  
PHYSICAL  
THERAPY, P.C.

# NEWSLETTER

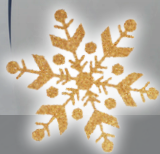
YOUR HEALTH IS OUR PRIORITY

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

DECEMBER 2020



## STAYING HEALTHY & PHYSICALLY FIT *DURING THE HOLIDAYS & BEYOND*



**INSIDE:**

Staying Active and Physically Fit During the Holidays and Beyond •  
Featured Specialties • What Our Patients Say • Exercise Essentials •  
Stay Injury-Free with Simple Tips for Shovelling Snow



RECOVERY™  
PHYSICAL  
THERAPY, P.C.

# NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYPT.COM

DECEMBER 2020

## STAYING HEALTHY & PHYSICALLY FIT

### *DURING THE HOLIDAYS AND BEYOND*

#### **Make 2021 the Year You Achieve Your Full Potential!**

Our team of physical therapy professionals at Recovery Physical Therapy are committed to helping you return to your activities of daily living, work, and the recreational activities you love by providing the highest level of personalized care to treat your injury or condition.

We know that hands-on, one-on-one care is the most effective treatment and provides better outcomes. At Recovery Physical Therapy, all of our patients are treated by a licensed physical therapist. Did you know that over 80% of our physical therapists have their DPT, Doctorate of Physical Therapy, in addition to other advanced specialty degrees? Successful outcomes are the result of many factors and we are committed to ensuring that our staff is empowered to address them all.

#### **Why We're Different**

RPT is owned and managed by Physical Therapists who have more than 25 years of experience in the physical therapy field. Having our company run from the top down by clinicians ensures that patient outcomes are always at the core of every decision we make.

When you become a new patient you'll be paired with the PT best-aligned with your unique needs and goals. Every aspect of your

experience with us is personalized around your specific needs, preferences, and goals as a patient. Together with your physical therapist, you'll develop a personalized plan of care that will serve as the foundation of your care moving forward.

As a patient you'll also enjoy access to our easy-to-use 3D-animated online exercise prescription system. Your PT will customize an exercise program for you that can be accessed online anytime from anywhere.

We also pride ourselves in adopting new innovative equipment and technology once it's available and proven to be effective. Most recently, we invested in Balance Systems and Dynamometers from Biodex. These advanced devices allow us to monitor and measure patients' progress with definitive precision. Learn more about how these powerful new Biodex systems can improve the course of your treatment with us at [recoverypt.com/physical-therapy-treatments/biodex-systems-testing](https://www.recoverypt.com/physical-therapy-treatments/biodex-systems-testing).

***We can help you keep away the pain this holiday season and prevent it in the future! Call us today at (917) 763-7825 to make an appointment or visit our website online at [www.recoverypt.com](https://www.recoverypt.com).***



# FEATURED SPECIALTIES



Recovery Physical Therapy offers personalized physical therapy services and programs to support rehabilitation, physical performance enhancement, and future injury prevention. Our staff has specialized training to deal with a wide array of injuries, conditions, and treatment scenarios. Check out a few of our featured specialties below:

**Manual Therapy:** Also known as “hands-on therapy,” manual therapy is a specialized treatment performed by licensed physical therapists. During this treatment, your physical therapist will manipulate joints and soft tissue with nothing more than their hands. Manual therapy is used as a way to relieve pain, reduce swelling, decrease restriction, improve range of motion, and mobilize joints.

**Joint Mobilization:** Joint mobilization is a type of manual therapy that involves the passive movement of specific joints using the skilled application of force, direction, and technique. The primary effects of joint mobilizations include pain reduction, improved range of motion, and improved quality of joint movement. Joint issues are often the hidden underlying factors driving other types of injuries and ailments including muscle strains, ligament damage, and bursitis, so this is why we strongly encourage you to consult with a physical therapist with any type of acute or chronic dysfunction. Your joints could be contributing to your pain without you even realizing it!

**Massage Therapy:** Therapeutic massage can be extremely beneficial for athletes, both before and after their training process. Therapeutic massage promotes tissue healing, so you can get back to your sport of choice as quickly as possible. Sports massage therapy can also be used before you even begin your rigorous exercise regimen, targeting the specific muscles and tissues that see the most use for your sport. By working to mobilize, loosen, and relax these muscles before you train, you can help them stay limber throughout the process. This will decrease your risk of strains, sprains, and ruptures.

**IASTM:** Instrument assisted soft tissue mobilization (IASTM) is a manual physical therapy technique, performed by physical therapists using special plastic or metal tools to gently move and scrape against the skin. One of the many benefits that these special instruments can bring includes the breaking down of fascial (connective tissue) restrictions and scar tissue across the body.

**Hand Therapy:** Hand therapy focuses on treating orthopedic upper-extremity issues to optimize the functional use of the arm and hand. It's a patient-centered approach to help you comfortably perform daily functions, such as being able to lift objects, open a jar, or button a shirt.

**Kinesio Taping:** Kinesio tape utilizes aspects of acupressure and strategic physical therapy by placing elastic therapeutic tape around problematic areas. The tape exudes a pulling force, allowing for free range of motion while still providing a therapeutic pressure to the targeted area. Kinesio tape is most frequently used by athletes—especially those who engage in prolonged activities. Those who experience wrist pain after typing all day, or who experience back pain due to their job may also benefit from utilizing kinesio tape.

**Pelvic Floor Therapy:** The muscles, tendons, and ligaments that comprise the pelvic floor all serve an extremely important purpose, as they support the core of your body. One of our highly trained physical therapists can help in relieving your pelvic pain, easing your symptoms of pelvic dysfunction, strengthen your pelvic floor muscles, improving your flexibility, and increasing your overall functionality.



*Get back to doing what you love in 2021. Call (917) 763-7825 or visit [recoverypt.com](https://recoverypt.com) today to learn more about our specialty services and how they can benefit you.*

## WHAT OUR PATIENTS SAY



*The front office staff was amazingly professional and courteous. Management should be commended on the way the staff operates and how sweet they are with all their patients.” –S. C.*

## 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!



# EXERCISE ESSENTIALS

## Stretches Lower Back

### Lower Trunk Rotations

Try this movement if you are experiencing low back pain.

Lie down on your back, bend your knees and drop them to either side and hold for ten seconds. This stretch should be felt in the lower back and sometimes in the outer hips as well.



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

Exercises copyright of SimpleSet Pro

**7 RECOVERY PHYSICAL THERAPY LOCATIONS ARE NOW OPEN**  
OUR PHYSICAL THERAPISTS ARE READY TO HELP YOU!

## STAY INJURY-FREE WITH SIMPLE TIPS FOR SHOVELLING SNOW



Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks.

**The following tips can help keep you safer when you set out to shovel:**

**Warm up-** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.

**Push rather than lift-** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.

**Lighten your load-** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.

**Consider multiple trips-** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.

**Keep up with snowfall-** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.



LARCHMONT



WALL STREET



UPPER WEST SIDE



UPPER EAST SIDE



MILLBURN, NJ



FLATIRON DISTRICT



FASHION DISTRICT

## HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses.

This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan before the end of 2020. Now is the perfect time to come in for PT!

**Call us today at (917) 763-7825. We'll guide you to affordable treatments that will place you one step closer to pain relief.**