



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYPT.COM

NOVEMBER 2020



AFTER A SPORTS INJURY

***PHYSICAL THERAPY CAN
HELP YOU AVOID SURGERY***

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PHYSICAL THERAPY CAN HELP YOU AVOID SURGERY

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee

cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is a pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Recovery Physical Therapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

Our licensed physical therapists and physical therapist assistants can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.

***Have pain from a sports injury that just won't go away?
We want to help! Call us today at (917) 763-7825 to
make an appointment or visit our website online at
www.recoverypt.com.***



DON'T LET PAIN SIDELINE YOU



There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term “weekend warrior” means a person who doesn’t really train for what they are doing; they just go out and do it on the weekend.

How Do Most Injuries Occur? Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

Injuries Increase As You Age... If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little “drier.” When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before & After: Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that

physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Recovery Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more how our programs can help you feel great!

Preparing Your Body... It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do strength training
- Do coordination training
- Do endurance training

Do Stay Hydrated: Hydration is so important before, during, and after exercise. As we age, we tend to not drink enough and can get dehydrated more quickly. Try to always keep a reusable water bottle with you.

Call (917) 763-7825 or visit www.recoverypt.com to learn more about how Recovery Physical Therapy can help you recover after your sports injury and to prevent further injury from occurring in the future.

WHAT OUR PATIENTS SAY



“RPT is like visiting the side of your family that you always like to see. I’ve been coming to Recovery on and off again for some pesky injuries, and I’m always greeted with a friendly face and good conversation. Going to physical therapy here is never a chore (even at 7 AM). Their therapists are friendly and attentive and most importantly, supportive through each session.” –G. H.

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!



LARCHMONT



WALL STREET



UPPER WEST SIDE

EXERCISE ESSENTIALS

Shoulder External Rotation with a Band

Helps to Strengthen Shoulders

Standing tall with a folded towel between your body and elbow, clasp a cable or tubing. Bend your elbow with your hand facing forward, so that your arm extends outward. Keep your elbow close to your body while gently pulling your shoulder blades together. Slowly return to starting position, "fighting" the resistance. Repeat 10 times on both arms.



Straight Leg Raise | Helps to Strengthen Legs

Laying on your back and propped up on your elbows, bend your uninvolved knee 90 degrees. Tighten the muscles on top of the thigh of your surgical leg. Raise this leg up about 10 inches, keeping your knee straight. Work up to holding for 5 seconds. Gently lower your leg back down and repeat 10 times.



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!

IT'S LEAF RAKING TIME!



It's that time of year and all your fellow leaf rakers are out in full force cleaning up their yards and getting ready for...ugggh winter.

Here are the **Top 6 Things** you should keep in mind as you tackle that yard:

- 1. Warm up**– Get your body moving with a brisk walk or some trunk rotations before you start raking.
- 2. Avoid twisting**– move your feet and use your legs to shift your weight back and forth rather than twisting through your back. Keep your shoulders and your hips facing the same direction, bend at the hips and not your back, and you can't go wrong!
- 3. Get the right rake**– Use a rake that is a good length for you. A rake to long or too short will make you put more stress on your back.
- 4. Switch it up**– Don't always rake from the same side. Changing your arm and leg position will help decrease the repeated stress on your joints.
- 5. Use your legs**– Bend at the knees when picking up piles of leaves and yard bags (that aren't too full!) to decrease the load on your low back.
- 6. Finish up**– It's always a good idea to finish with some stretching, or even ice areas that you know tend to get sore, after a workout. Then go and enjoy a cold (or warm!) beverage of your choice after a job well done!



UPPER EAST SIDE



ROCKEFELLER CTR



QUEENS



MILLBURN, NJ



MIDTOWN EAST



GRAND CENTRAL



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. 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.

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!