



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYPT.COM

MARCH 2021

DISCOVER THE MOST EFFECTIVE WAYS TO

BEAT SCIATICA & BACK PAIN

**RECOVERY PHYSICAL
THERAPY LOCATIONS
ARE OPEN**

**OUR PHYSICAL THERAPISTS ARE
READY TO HELP YOU!**

INSIDE:

- Beat Sciatica & Back Pain
- Experience the Benefits of Stretching
- Hypervolt Massage Gun
- Chocolate Shamrock Shake



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BEAT SCIATICA & BACK PAIN

WITH PHYSICAL THERAPY

Whether it's a sudden, shooting pain down your leg or a persistent ache in your lower back, sciatica can seriously impact your daily life. While medications, injections and even surgery sometimes help people with sciatic nerve pain, physical therapy is the most effective and least invasive way to eradicate the problem.

Physical therapy is invaluable for easing sciatic pain. Its effectiveness stems from the multi-faceted approach your therapist will take in order to reduce the pressure on the nerve.

Improving your strength and the flexibility in your hip area can do much to decrease the pressure on your sciatic nerve, which in turn will relieve the pain you feel. The muscle and ligament structure of your hips tend to tighten if you spend too much time sitting. That causes your spine to take on the strain, often leading to sciatic nerve impingement.

To combat this undue pressure, physical therapists work to increase hip mobility by helping you stretch your hip abductors and

flexors. This opens up the pathway, which your sciatic nerve runs, so that the nerve is freed from compression.

In addition, strengthening hip abductors muscles, as well as building mobility, will enable the muscles and ligaments in your hips to be better aligned. Improved strength in your hip area, allows the effort used in everyday movement to be more evenly distributed, and therefore less apt to result in nerve irritation.

You Should Consider Turning to Physical Therapy First

A study published in Spine, the respected medical journal, found that, when started early enough, physical therapy is a very effective treatment for sciatica, and one which is more budget-friendly for the average person. The study found that over a one-year period, people who had taken 10 sessions of physical therapy had better results for their sciatic pain than those who were only given guidelines for treatment.

The study's authors attributed the cost-effectiveness of the physical therapy approach in part to using it as a first line of defense against sciatic pain and back pain. For the many patients for whom physical therapy as the primary treatment was sufficient, there wasn't a need for expensive tests, such as MRIs, or further invasive procedures.

If you're concerned about shooting pains down one leg, buttock aching or lower back pain and numbness—or any combination of sharp and dull aching anywhere along the sciatic nerve—contact us right away for a consultation. We'll work with your doctor to address the specific problems contributing to the ongoing impingement of your sciatic nerve, while also striving to reduce your pain as quickly as possible.

Tired of back pain that just won't go away? We want to help you find relief! Call us today at (917) 763-7825 to make an appointment or visit our website online at www.recoverypt.com.



EXPERIENCE THE BENEFITS OF STRETCHING

As you age, your muscle tissue actually dries out a little, tightening. This causes a loss of range of motion in your joints and tissues. In addition to the loss of range of motion, it can really limit your active lifestyles and hinder day-to-day, normal motions. Tasks that used to be simple, such as dressing or squatting down to tie your shoes, now become extremely difficult. A regular stretching program helps lengthen your muscles and makes daily living activities much easier.

Everyone can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can end up giving you huge results!

Stretching is a natural part of what we do on a daily basis. You might notice that if you have been sitting in a particular position for a long time, you stretch unconsciously. It feels good! In addition to that good feeling, a consistent stretching program will produce large gains in flexibility and joint movement. Be kind to your muscles and they will be kind to you!

Here are just a few of the benefits you can expect from a regular stretching program:

- Reduced muscle tension
- Increased range of movement in the joints
- Enhanced muscular coordination
- Increased circulation of the blood to various parts of the body
- Increased energy levels (resulting from increased circulation)



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Recovery PT can help you build a safe, effective stretching program for your unique body and needs. Come back in for physical therapy! Call us at (917) 763-7825 to schedule an appointment today!

WHAT OUR PATIENTS SAY

SUCCESS STORIES



Richa is an excellent, experienced, thorough, understanding, kind and caring therapist. She is, by far, one of the best in the business. Richa carefully evaluates each issue, and with her hands-on manipulation and carefully selected exercises, you are assured to feel pain relief within your first session. I am very grateful to be working with Richa and she has alleviated so much of my ongoing pain in just a few visits.” – J.D.

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!

(SEE NEXT PAGE)

EXERCISE ESSENTIALS

Relieves lower back pain.

Quad Stretch Prone

Try this movement to stretch your back and relieve lower back pain

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh.



Exercises copyright of
 SimpleSet Pro
www.simpleset.net

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



RECOVERY™
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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



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



WRITE US A REVIEW!



LARCHMONT



UPPER WEST SIDE



UPPER EAST SIDE



MILLBURN, NJ



FLATIRON DISTRICT



FASHION DISTRICT

CHOCOLATE SHAMROCK SHAKE

INGREDIENTS

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder

- scant 1/8 tsp salt
- 1/8-1/4 tsp pure peppermint extract
- sweetener of choice, (as desired)
- chocolate chips (optional)
- sprig of fresh mint (optional)

DIRECTIONS Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!