



RECOVERY™  
PHYSICAL  
THERAPY, P.C.

# NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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AUGUST 2021



*DONT LET*  
**MOBILITY  
LIMITATIONS**  
*HOLD YOU BACK*

**INSIDE...**

Patient Success

At-Home Exercise:  
Tandem Walk - Wall

We Need Your Help!



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# DON'T LET MOBILITY LIMITATIONS HOLD YOU BACK

Aging doesn't have to mean slowing down!

Mobility limitations increase as we age and our bodies change in different ways. Some of us may lose muscle mass and strength. Others may experience joint aches and pains or balance and gait problems.

Living with these kinds of physical restrictions can cause an individual to feel as if they're losing their sense of independence, which can also take a toll on their mental and emotional health as well.

If you're experiencing an issue with your mobility, or have noticed that many things are difficult for you to do on your own, know that there is help available.

At Recovery Physical Therapy our physical therapists are dedicated to helping you maintain as much independence as possible through our customized treatment plans. Call our clinic today to learn how we can

help you to keep living the kind of life you want with less pain, discomfort or movement restrictions.

#### How Recovery PT can help you maintain your independence

We understand that many of our patients live with mobility and strength deficits, and want to lessen the load as much as possible when it comes to searching for specialists to treat different limitations. We also acknowledge the importance of maintaining as much independence as possible regardless of your age or condition.

The purpose of therapy at Recovery Physical Therapy is to help relieve your pain and reach your peak level of physical health. Perhaps you are still suffering from the lingering pain of an injury.

You might be recovering from a surgery and trying to get your range of motion back. Maybe your joints simply aren't what they used to be, and you are looking for relief.

Our skilled team of therapists provides one-on-one treatment for each of our patients and will work with you to improve your strength, muscle tone, balancing abilities, gait, range of motion, and more through several different treatment techniques.

Article Continues Inside...

**Come back to PT!**

Call Recovery Physical Therapy  
today at (917) 763-7825. You  
can also visit our website at  
[www.recoverypt.com](http://www.recoverypt.com).

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

# HERE'S HOW RECOVERY PHYSICAL THERAPY CAN HELP

(917) 763-7825

Some of the physical therapy techniques our therapists may use for your treatment to help you improve your mobility are:

- 1. RICE:** Nope, this isn't a food! RICE stands for "Rest," "Ice," "Compression" and "Elevation." Your physical therapist may recommend RICE to you to reduce pain and inflammation.
- 2. Joint mobilization techniques:** Have you ever heard of a "wobble board?" They're also known as balance boards. Working with these tools can help you improve your joint mobility, especially in your foot or ankle joints. You might also benefit from techniques that work to loosen and break up internal scar tissue, which can form over old injuries and cause chronic soreness and stiffness.
- 3. Stretching exercises:** Did you know that injured muscles and connective tissues are capable of healing and returning to their previous length and range of motion? It's possible with the help of stretching exercises. These exercises are also excellent for preventing arthritic joints from becoming more stiff over time. Workouts and on a bicycle or treadmill may be suggestions our physical therapists propose to you.

## Worried about maintaining your sense of independence?

No matter what your day to day activities may be, you deserve to enjoy them feeling safe, stable, and secure in your abilities. Let the skilled team at Recovery Physical Therapy assess your condition and physical goals, so that we can provide you with the best care possible using the most successful treatment techniques available.



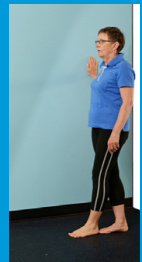
## GET BACK IN ACTION

## AT-HOME EXERCISE

Use this exercise to prevent or relieve shin splints.

### TANDEM WALK - WALL

*Stand with the fingertips of one, or both, hands resting on a wall. Place the feet 'heel to toe' with the left foot forward. Steady yourself in this position. Step forward with the right foot, placing the heel directly in front of, and touching, the toes of the left foot. Step forward with the left foot, placing the heel directly in front of, and touching, the toes of the right foot. Repeat this sequence, moving forward down the hallway. Reverse direction, moving backward down the hallway.*



Make sure to consult your PT before attempting new exercises you are unsure of doing.



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.



## PATIENT SUCCESS

Recovery Physical Therapy Patients are Seeing Results!

*"Their therapists are friendly and attentive."*

*"Recovery Physical Therapy is like visiting the side of your family that you always like to see. I've been coming to Recovery on & off again for some pesky injuries, and I'm always greeted with a friendly face & good conversation. Going to physical therapy here is never a chore (even at 7 AM!), especially in their swanky new office. Their therapists are friendly & attentive and most importantly supportive through each session." – J.R.*

## CLINIC UPDATE

Meet Our Newest Physical Therapists!

Please help us in giving a warm welcome to **Megan Schaeffer, PT, DPT** at our Upper Westside office and **Jessica Puccio, PT, DPT** at our Fashion District office!



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## WE NEED YOUR HELP!

Would you take a moment to share your experience on our Google Review page?

We make it easy: just scan your Recovery PT Location's QR code with your smartphone's camera.

Your success story could help improve the lives of others in our community by leading them to therapy!

Thank you so much for your support!



LARCHMONT



UPPER WEST SIDE



UPPER EAST SIDE



MILLBURN, NJ



FLATIRON DISTRICT



FASHION DISTRICT