



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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JUNE 2022



GET THE MOST OUT OF
Summer Vacation
WITH PT!

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Out of Summer With
Physical Therapy

Monthly Exercise

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GET THE MOST OUT OF *Summer Vacation* WITH PT!



Are you tired of dealing with aches and pains and just want to enjoy your summer? Does the pleasant weather make it harder to keep up with your physical therapy appointments? With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. At Recovery Physical Therapy, our highly skilled therapists will help you resolve your problems so you can do the things you have been looking forward to this summer!

Too often, the trend for many patients is to opt out of their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., stopping your physical therapy too soon can regress the current issue and the development of a new injury.

One of the most common causes of an injury is a previous injury or not resolving one issue fully. We want you to be safe, healthy, and pain-free in the summer months – so you can enjoy the warm weather without pain!

At Recovery Physical Therapy, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

Don't hesitate to call us today for more information on keeping physical therapy sessions as part of your routine during the busy summer months.

Physical Therapy is Worth Your Time, Even in the Summer

When it comes to physical therapy, you'll see benefits if you put

in the time and the work. Research has shown that people who receive physical therapy soon after developing pain or sustaining an injury will have better outcomes. Physical therapy has been shown to reduce the likelihood of surgery, opioids, or unnecessary testing. If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

When it comes to results, consistency is the key. People that persist have the best outcomes. Starting and stopping or putting off therapy and hoping you will get better are likely to lead to chronic pain or new injuries.

Chronic pain lasts longer than normal tissue healing time (i.e., three months). Chronic conditions lead to physical disability, mental anxiety and depression, and a poor quality of life. Physical therapy is one of the most effective ways to resolve your pain and prevent it from becoming chronic.

Even if you aren't dealing with chronic pain, physical therapy can help you. Time and time again, studies have shown that physical therapy not only helps resolve injury or pain it leads to improved health and overall well-being.

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Come back to PT!

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

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

Continued from outside

If you have been attending physical therapy, there are two primary reasons to stop.

1. You've reached your goals: Once you and your therapist are satisfied with your success, it's time to move on.
2. You're not seeing progress: It is appropriate to stop physical therapy if you aren't seeing results within the time frame your physical therapist recommended.

Although it can be frustrating to attend regular appointments in the summertime, it is vital to your success to see your therapy out to the end!

Physical Therapy is Important, No Matter the Time of Year!

Physical therapy is a great way to ensure you are still in optimum health and your body is strong while tackling your summer activities. Therapy programs can help the body stay strong and heal as quickly and help combat illness or future injuries.

The individualized manual therapy and consistent exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted ailments and injuries.

Physical therapy has been shown to help in the following ways:

- Reduce or eliminate pain
- Recover from/prevent injury
- Improve strength
- Improve range of motion
- Improve balance and coordination
- Reduce the risk of falls
- Avoid surgery

Schedule a consultation with one of our physical therapists today. We will educate you about what your body tells us and what you can do to reduce your injury risks. Our physical therapists can help if you suffered from pain and injury in the past and want to figure out how to stop them in the future.

Get Started Today

Is summertime making it hard to keep up with your physical therapy? We can help accommodate whatever you may need!

Contact Recovery Physical Therapy today to schedule an appointment.

(917) 763-7825

REACH YOUR GOALS THIS SUMMER!



AT-HOME EXERCISE

DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly. Helps relax your whole body



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

SimpleSet Pro
www.simpleset.net

3 EXERCISES TO IMPROVE YOUR GOLF SWING

Do you love a good game of golf? Golfing is a great way to get some exercise while enjoying the outdoors. It is also a great way to improve strength, flexibility, and range of motion in your trunk and hips.

However, golf can also lead to some undesirable injuries if you are not careful. Fortunately, there are some helpful flexibility and mobility exercises you can do to prepare yourself for the game and decrease your risk of sustaining an injury.

For more information on how we can help you increase your skills and prepare for your game, contact Recovery Physical Therapy.

Exercises to increase trunk and hip mobility with your golf swing

Here are some of the best exercises you can do at home to help prevent golfing injuries! If you ever feel unsure about your ability to perform these exercises safely, contact a physical therapist at Recovery Physical Therapy for help.

1. Kneeling Hip Flexor Stretch.

- Phase 1. Begin with your left knee on the ground and right leg in a lunge position, holding your golf club in both hands, raise it overhead and hold for

45 seconds (do not dump into the low back or lunge too far forward).

- Phase 2. Rest your right arm. Hold the golf club upright and gently bend to the side, reaching up and over with your left arm. Feel the stretch through your left hip flexor and psoas muscle (stomach).
- Hold for 45 seconds on each side. Complete 2-3 sets depending on your mobility deficits.

2. Kneeling Hamstring Stretch.

- Place your golf club under your kneeling leg. Keep your hips facing forward with your knee bent, toes up toward your nose, chest up, and back straight.
- Gently shift your hips backwards. Feel the stretch in your right hamstring.
- Hold for 45 seconds on each side. Complete 2-3 sets depending on your mobility deficits.

3. Seated Piriformis Stretch.

- Begin by sitting in your chair with an upright posture. Cross your right ankle over your left knee and gently hinge forward at your waist. Keep your back straight and chest up for a better

stretch. Feel the stretch in the glut, hamstring, or piriformis.

- Modification for knee pain: begin by slouching back in a chair. Cross your right ankle over your left knee. Using your right hand, gently press down on your right knee to open your hip. Feel the stretch in the glute, hamstring, or piriformis.
- Hold for 45 seconds on each side. Complete 2-3 sets depending on your mobility deficits.



LARCHMONT



UPPER WEST SIDE



UPPER EAST SIDE



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