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NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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SEPTEMBER 2022



PT CAN HELP
You Alleviate
CHRONIC PAIN!

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PT CAN HELP *You Alleviate* CHRONIC PAIN!



Have you been living with chronic pain? Are you willing to do what it takes to feel good again?

At Recovery Physical Therapy, our physical therapist uses the most advanced strategies to help you manage your pain and, for some, eliminate it altogether!

September is Pain Awareness Month, and in honor of this, Recovery Physical Therapy would like to provide you with some vital information regarding the origins of pain and how physical therapy can help manage and alleviate it.

Pain is very complex. Gone are the days when ignoring or pushing through your pain was the best solution. Fortunately, our team understands the complexity of pain and, more importantly, how to alleviate it once and for all! Pain happens for several reasons and manifests in different ways.

Understanding the source of your pain is one of the first steps to combat it and prevent it from returning in the future. Our clinic specializes in treating people from all backgrounds and experiences with pain. We are trained professionals who will have you feeling your best in no time at all.

If you're experiencing discomfort or have noticed that your ability to do your usual activities has dwindled, it's time to call in our team of physical therapists from Recovery Physical Therapy.

UNDERSTANDING THE SOURCE OF YOUR PAIN

How long you've been experiencing pain, where it developed, and how it manifests are significant distinctions that can help shed some light on what may be causing your condition. It is

also essential to understand that the intensity of your pain is not always the more reliable characteristic for finding relief.

Too often, people focus only on the intensity of their pain which is influenced by stress levels and societal or familial beliefs. The location and duration of pain are effective, reliable ways to manage and alleviate your pain once and for all.

When you meet with a Recovery Physical Therapy physical therapist, you'll have a conversation about your pain to determine how it started, when it began, where it began and how it behaves (i.e., what makes it better or worse).

There are also some things to consider before heading into physical therapy:

- Try to remember or identify precisely where the pain occurs in your body. Pain that is localized can be easier to identify the possible tissue that is causing it. When pain is more diffuse, it can be trickier to figure out what is causing it.
- Consider how the pain feels. Is it a steady ache or sharp and intermittent? Is it more of a tingling or prickly feeling? Each sensation is associated with different types of problems, so describing your pain appropriately may help determine the

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.

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

Continued from outside

best treatment methods for your body's needs.

- Does it get worse with activity or inactivity? For some people, there are specific movements that cause pain. For others, the issue is due to the quantity of accumulation of activity and not a specific event. One of the most common misunderstandings is that pain needs something to worsen, but in reality, many people get worse from a prolonged position or improper posture.

No matter what, our physical therapists can help! We are experts and weeding through the possibilities and clarifying what is causing the pain. Our goal is to help you resolve it once and for all!

HOW PHYSICAL THERAPY CAN HELP

Physical therapists are trained in identifying and treating the cause of your pain. This allows you to shift away from using pain medication and instead find relief with strategies that include manual therapy, stretching, muscle building, and cognitive behavioral therapy.

Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain. Our therapists will work with you to identify solutions that fit your lifestyle and offer lasting results. The combination of physical therapy with psychological approaches has been shown to be the most effective way to improve physical function and resolve chronic pain struggles.

Our clinic uses several manual therapy techniques that focus on the areas you're experiencing pain or movement restrictions. When the reason for your pain is determined, we assist you through movement to regain optimal function in each joint, muscle, or other tissue causing the pain.

Our physical therapist is as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

REQUEST AN APPOINTMENT AT RECOVERY PHYSICAL THERAPY TODAY

The result of physical therapy at Recovery Physical Therapy is that you can live the active life you want, free of painful limitations.

Call our office today and set up an appointment with one of our specialists!

(917) 763-7825

TURN OVER A NEW LEAF THIS FALL SEASON!



PATIENT TESTIMONIAL

"RPT is like visiting the side of your family that you always like to see."

"RPT 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."

-Gerilyn H.

5 LEAF RAKING TIPS FOR FALL



For many of us, autumn is one of the most beautiful times of the year. There's nothing like the cool refreshing air and breathtaking fall foliage. However, with the changing of the seasons comes a chore that we all dread- raking leaves.

Thankfully, there are a few easy ways to make raking the leaves more enjoyable. If you need help with your follow through on this chore, keep reading!

1. If you can, rake downhill

Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

2. Pull the leaves towards you as you rake

This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

3. Divide your lawn into sections

If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the work out over a couple days.

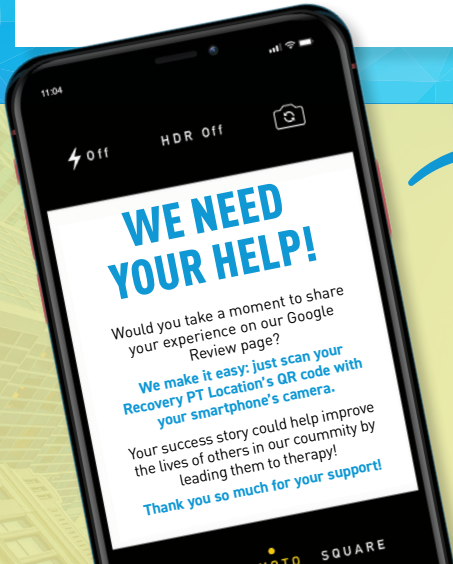
4. Wait until the leaves stop falling

There's almost no point in cleaning up your lawn while your trees

are still full of leaves! To save yourself from unnecessary stress, wait until the trees are bare to get started on this chore.

5. Wear the proper clothes

To prevent blisters or bug bites, it's important to wear long sleeves and long pants while raking. It's also a good idea to invest in a pair of strong gloves to protect your hands while you work.



LARCHMONT



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UPPER EAST SIDE



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