



RECOVERY™  
PHYSICAL  
THERAPY, P.C.

# NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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AUGUST 2022



**PT CAN HELP**  
*You Get Ready*  
**FOR FALL SPORTS!**

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## PT CAN HELP *You Get Ready* FOR FALL SPORTS!



Are you wondering how to prepare yourself for the fall sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the cooler season will come, and so will fall sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the fall sports season. At Recovery Physical Therapy, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in cross country running, football or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season!

Request an appointment to get our team to help you get ready to compete!

### HOW PHYSICAL THERAPISTS HELP ATHLETES PREPARE FOR FALL SPORTS

Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance. Playing the sport you love, whether competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our

programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.

### INJURY PREVENTION WITH PHYSICAL THERAPY

One significant aspect of physical therapy at Recovery Physical Therapy is that it can help you prevent an injury this fall. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse.

Traumatic injuries are caused by a specific incident, such as:

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions (i.e., football collisions, soccer ball heading, falls, etc.)

*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.

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In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. Some examples of overuse injuries include:

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to be sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your bones. When a tendon is stretched beyond its limit, a strain can occur. Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition.

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court. We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them thoroughly.

As you progress through rehabilitation, our focus will shift to increase the intensity and complexity of your program. Our team will incorporate sports-specific training to prepare your body for the demands of a competitive sports season. We will work to ensure you are ready for the start of your season.

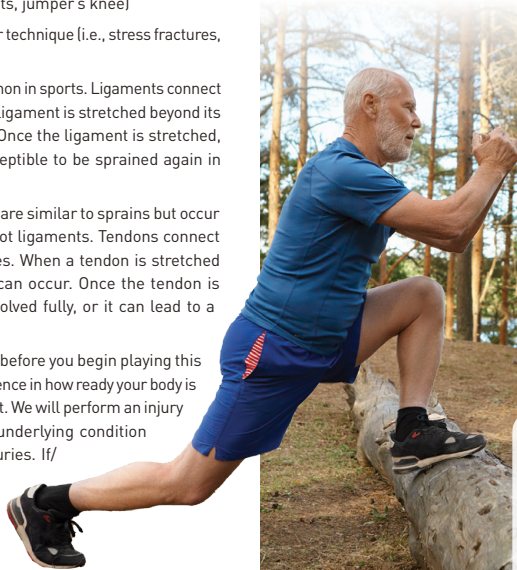
#### REQUEST AN APPOINTMENT AT RECOVERY PHYSICAL THERAPY TODAY

At Recovery Physical Therapy, we make it our top priority to encourage healing and injury prevention for our athletes. In addition to treating injuries, our physical therapists can help you improve your range of motion, flexibility, strength, and overall function to prevent additional harm from occurring and get you ready for your sport.

Are you an athlete prepping for fall sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!

**(917) 763-7825**

# STAY OFF THE BENCH THIS FALL SEASON!



## PATIENT TESTIMONIAL

*"I could not recommend Recovery Physical Therapy more!"*

"I could not recommend Recovery Physical Therapy more! Before I found Recovery Physical Therapy, I had been having nagging low back and shoulder problems that none of the other physical therapists I had visited could remedy. They were the only place to properly diagnose and help me heal my injuries, which was a huge relief. Not only is the staff extremely knowledgeable and helpful, they are also friendly, sympathetic, and available. They are the best!"

-Meghan R.

# 3 TIPS FOR BETTER POSTURE

Have you been experiencing back pain that just won't quit? The problem could be that you have poor posture. At Recovery Physical Therapy, our physical therapists can help determine if your posture is the problem and how to restore it for a healthy spine.

Your body was made to move, especially your spine. It is typical for areas of your spine to tighten up, placing too much strain on other sites. When this happens, those areas can become irritated and painful. You may also notice yourself slouching or appearing "stooped over" in the mirror.

The good news is that there are several ways to improve your posture. Here are a few tips!

**1. Take breaks to get up and move.** Prolonged sitting is the position that puts significant pressure on the lower back. It is essential to break up your sitting

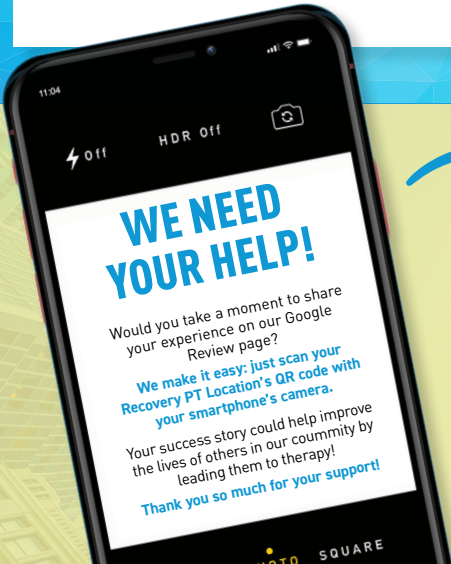
time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes.

**2. Maintain a healthy weight.** Extra weight can wreak havoc on your abdominal muscles, cause issues for your pelvis and spine, and create low back pain. All these can affect your posture, so it's important to keep your weight in a healthy range.

**3. Make your workspace more ergonomic.** Whether you're sitting in front of a computer, cooking dinner, or enjoying a meal, make sure your work surfaces are at a comfortable height for you.

Your body is designed to align perfectly to allow proper movement, breathing, and blood circulation. Learning to find your ideal posture is key to moving and feeling better.

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in lousy posture habits in one way or another!



LARCHMONT



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UPPER EAST SIDE



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