



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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AVOID YOUR *Back Pain* THIS SEASON

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AVOID YOUR *Back Pain* THIS SEASON



Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Recovery Physical Therapy today to make an appointment.

PHYSICAL THERAPY SOLUTIONS FOR BACK PAIN

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the recommencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Recovery Physical Therapy offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

UNDERSTANDING THE RISK FACTORS ASSOCIATED WITH BACK PAIN

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

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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

Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

HOW PHYSICAL THERAPY HELPS

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization/manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Recovery Physical Therapy, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

CALL OUR CLINIC TODAY

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't.

Our physical therapists will help you overcome back pain by giving you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call our Recovery Physical Therapy for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

Source

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>
<https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-021-04422-2>
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199140/>

(917) 763-7825

STAND TALL THIS HOLIDAY SEASON!



PATIENT TESTIMONIAL

"I would recommend Recovery PT to anyone in the area."

"I have never received such dedicated personalized 1:1 care until I started going to Russell at Recovery PT. Russell is extremely dedicated to his patients' care and recovery. The staff takes the time to get to know the patient's history and full scope of ailments and provides fantastic thorough PT care. I would recommend Recovery PT to anyone in the area. I also found scheduling and billing to be a breeze as well."

-Ken G.

3 HEALTH TIPS FOR THE HOLIDAY SEASON



How busy are you this holiday season? At Recovery Physical Therapy we understand that this time can be both joyful and hectic. In the midst of it all, it can feel easy to let your health slip through the cracks.

Are you concerned about maintaining your health this winter, but are feeling overwhelmed or don't know where to start? If so, check out these 3 tips for staying fit during the holidays.

1. Make sure you're getting enough sleep

With everything that goes on during December and January, it's understandable to search for more time in the day. Sacrificing your sleep, however, will end up doing you more harm than good.

Sleep is how the body recovers and recharges. Poor sleeping habits are linked to an increased risk of heart disease, reduced cognition, and mood shifts. Aim to get 7-8 hours a night, every night.

2. Stay active

Exercise supports both your mental and physical health and is an integral part of a healthy lifestyle. The great thing about exercising is that there's certainly no shortage of ways to get active!

From going down to the park with your kids, walking around the neighborhood, biking, doing yoga, or hitting the gym, there are many ways to make exercising fit into your busy lifestyle.

3. Don't skip meals

With big Christmas lunches and dinners to look forward to, it can sometimes be tempting to eat less food during the day to save room for later. However, this can actually encourage you to make less healthy choices and have an unbalanced diet.

Eating one big meal a day can also increase your blood pressure and cholesterol. Instead, try to eat regular meals with servings of lean protein, fruits, and vegetables.



LARCHMONT



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UPPER EAST SIDE



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