



RECOVERY™  
PHYSICAL  
THERAPY, P.C.

# NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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APRIL 2023



SPRING IS THE SEASON OF  
*Renewal And Activity*

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## SPRING IS THE SEASON OF *RENEWAL* & *ACTIVITY*



Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At Recovery Physical Therapy, our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring!

Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move.

The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance for getting started, whether to resolve an injury or commit to fitness, physical therapy can help.

Request an appointment with Recovery Physical Therapy today!

### PHYSICAL THERAPY CAN HELP YOU BE MORE ACTIVE THIS SPRING

Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles.

Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape!

Physical therapy is helpful for people recovering from an injury or surgical procedure. Recovery Physical Therapy physical therapists are movement specialists who offer safe and effective ways to

improve your overall fitness level so that you can enjoy physical activities this spring!

Some of the common Springtime activities physical therapy can help with include:

#### Running

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

#### Gardening

Gardening usually requires you to get down on your hands and knees in the dirt! A physical therapist can identify and remedy this. Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

*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.

Continued from outside

## Biking

Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

### WHAT TO EXPECT FROM RECOVERY PHYSICAL THERAPY PHYSICAL THERAPY

Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

### REQUEST AN APPOINTMENT TO GET STARTED TODAY

Recovery Physical Therapy offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most.

Request an appointment today if you're interested in using your reinvigorated energy this spring!

Source

<https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm>  
<https://www.sciencedirect.com/science/article/abs/pii/S0003999318302120>  
<https://www.tandfonline.com/doi/abs/10.3109/09593985.2010.544052>



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# START THIS SEASON OFF ON THE RIGHT FOOT!



## PATIENT TESTIMONIAL

*"Not only is the staff extremely knowledgeable and helpful, they are also friendly, sympathetic, and available."*

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!

-M.R.

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# 3 NATURAL WAYS TO BEAT SPRING ALLERGIES



**1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

**2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.

**3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside.

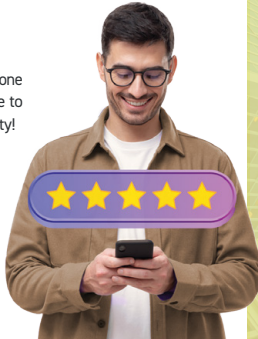
Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.



## We Want To Hear Your Success Story!

**DON'T KEEP US A SECRET!**

Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!



## SCHEDULE YOUR APPOINTMENT TODAY!



**OUR GOAL IS TO HELP YOU REACH YOURS! COME BACK INTO OUR CLINIC FOR TREATMENT AND TAKE A STEP TOWARDS BETTER HEALTH.**

