



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYPHYSICALTHERAPY.COM

JUNE 2023



HOW STRENGTH TRAINING *Can Improve Your Health!*

INSIDE...

Why Is Strength Training
So Important?

Patient Testimonial

5 Simple Summer
Ready Tips



RECOVERY[™]
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYPT.COM

JUNE 2023



HOW STRENGTH TRAINING CAN IMPROVE *YOUR HEALTH!*

Health is a relative term. It means that your body operates at a high level in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve an ideal state is a step towards a healthier you.

We all want to stay healthy, strong, and active, but we often think getting older means we need to take it easy. Fortunately, it is more and more common to realize that an inactive, sedentary lifestyle leads to poor health and a loss of function.

Do you notice it's harder to get out of your chair lately? Do you struggle to carry groceries that were once easy for you to do? Do you find yourself wanting to take more breaks throughout the day because you feel tired all the time?

You may be experiencing the loss of muscle that is common with getting older. Fortunately, at Recovery Physical Therapy, our therapists are up to date on the strategies that can help you get stronger so you can get back to doing what you love doing!

Our highly trained physical therapists can create a personalized strength training plan for your particular needs. We have the knowledge and expertise to guide you toward a pain-free, stronger, and healthier lifestyle!

Contact Recovery Physical Therapy today to get started!

WHY IS STRENGTH TRAINING SO IMPORTANT?

Inactive adults experience a loss of muscle mass and strength, resulting in a struggle to stay active. Sometimes it feels difficult to keep active due to pain, injuries, or poor diets. Strength training exercise not only eases your pain, it simultaneously helps with your overall physical and mental health.

There are approximately 642 skeletal muscles in the body. Your muscles not only help you move, but they support your overall health, including your circulatory, breathing, and nervous systems. A stronger you means a healthier you!

Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments. Strength training helps build muscle mass, and it is one of the essential steps in a rehabilitation program.

Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

The following aspects of health are known to benefit from strength training:

- Improved strength
- Reduced fall risk (i.e., lower mortality, fewer serious injuries, quicker recovery)
- Improved resting metabolic rate and reduced-fat weight
- Enhanced physical performance, movement control, walking speed, functional independence
- Improved cognitive abilities and self-esteem.
- Prevention and management of type 2 diabetes (i.e., decreased visceral fat and improved insulin sensitivity)
- Enhanced cardiovascular health (i.e., reduced resting blood pressure, cholesterol and triglycerides)
- Improved bone mineral density (i.e., prevention and reduction of osteoporosis)

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

- Reduces low back pain
- Eases discomfort associated with arthritis
- Relieves discomfort associated with fibromyalgia
- Reduced risk of cancer-specific mortality and cancer recurrence

HOW PHYSICAL THERAPY CAN HELP YOU GET STRONG

At Recovery Physical Therapy, our strength training programs will get you back to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists will conduct a thorough evaluation to identify any weaknesses or limitations that may affect your recovery, stability, or strength.

We will use this information to develop a comprehensive program that includes targeted mobility work, strengthening, and any appropriate pain relief technique for the individual. Every good therapy program will consist of injury prevention strategies to ensure you stay doing what you love!

CONTACT US TODAY TO SET UP AN APPOINTMENT

At Recovery Physical Therapy, our team of physical therapists has proven success with our strength training programs. Strength training can aid you in your journey to become a healthier and more active version of yourself! Call today to schedule an appointment with one of our specialists.

Sources:

https://journals.lww.com/acsm-csmr/fulltext/2012/07000/resistance_training_is_medicine_effects_of.13.aspx

<https://link.springer.com/article/10.1007/s40279-018-0862-z>

<https://link.springer.com/article/10.1007/s40279-020-01309-5>

<https://link.springer.com/article/10.2165/00007256-200030040-00002>

<https://jamanetwork.com/journals/jama/article-abstract/2776330>



RECOVERYTM
PHYSICAL
THERAPY, P.C.

(917) 763-7825

STAY STRONG THIS SUMMER!



PATIENT TESTIMONIAL

*"I would 100% recommend RPT
Larchmont to everybody who needs PT."*

Dallin is a great PT and all employees who work there have been nothing but lovely. The facility is clean, staff is knowledgeable, they are in constant contact with you and extremely responsive about scheduling and rescheduling, etc. Phyllis responds to an email within 60min of sending it! You get to know the clients, as everyone basically sticks to their same time and days each week, it's nice seeing familiar faces and checking in with each other about progress. I would 100% recommend RPT Larchmont to everybody who needs PT.

-S.F.

5 SIMPLE SUMMER READY TIPS



1. Get outside!

Make your way over to your local pool, peruse around nearby shops, or simply take a walk around the neighborhood to get out, get moving, and enjoy the weather!

2. Rearrange your schedule.

Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

3. Get healthy for your summer team.

At Recovery Physical Therapy, we also offer training and performance classes to train your body for your specific sport! Contact us to find out how we can get you to your peak performance for your summer team.

4. Start something new!

Try taking up a new hobby that'll get you moving! There are several outdoor activities that'll allow you to take advantage of the warm weather,

such as beach volleyball, running clubs, kayaking, rock climbing, or hiking. Any new physical hobby will help you get the exercise you need.

5. Contact us for help.

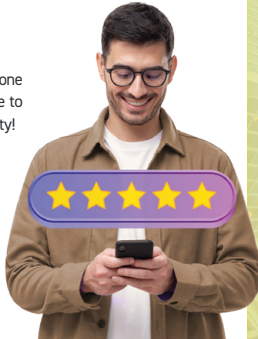
If you find yourself in any sort of pain, or if you'd simply like some extra motivational assistance, don't hesitate to contact us.



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.

