



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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JULY 2023



WE HAVE MOVED

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Physical Therapy This Summer!

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Summer



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HOW TO KEEP UP WITH YOUR PT *THIS SUMMER*



Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At Recovery Physical Therapy, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you can enjoy your summer vacations and do what you love!

Request an appointment with one of our specialists and see how we can help you feel better again!

HOW TO INCORPORATE HOME EXERCISES INTO YOUR TRAVELS

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Here are a few tips to keep up with your physical therapy:

Use the hotel gym: Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.

Exercise in the pool: You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.

Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

Explore the town you are staying in: Does your schedule leave little time to fit in physical activity?

Walking around the neighborhood or visiting the shops can be an easy way to exercise.

Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!

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

Maintain a healthy diet on the go: Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.

Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

REQUEST AN APPOINTMENT AT RECOVERY PHYSICAL THERAPY TODAY

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go.

If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call Recovery Physical Therapy to set up an appointment!

We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!

FEEL GREAT WHEREVER YOU ARE!



WE HAVE MOVED



As of July 1st, we are relocating our Flatiron Office (902 Broadway) to

The NOMAD Location
118 East 28th Street
Suite 208
New York, NY 10016



RECOVERY™
PHYSICAL
THERAPY, P.C.

(917) 763-7825

PATIENT TESTIMONIAL

"I don't hesitate to say that you will be in very good hands with Jenny."

I first saw Jenny when I was struggling with lower back pain and now, not only pain-free, I'm getting stronger in my core via the program she created for me. From the initial diagnosis to my weekly sessions, Jenny was committed to my physical health and wellbeing. I've benefited tremendously from my time with her. Jenny is very responsive to the needs of her patients, and always provided helpful alternatives or suggestions. I don't hesitate to say that you will be in very good hands with Jenny.

-G.M.

6 DIET TIPS FOR SUMMER



Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbecues and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

1. Swap out snacks for fruits and vegetables. Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh,

frozen, canned, dried, or even juiced fruits and veggies are all options.

2. Replace steak with fish. Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.

3. Reduce your saturated fat intake. Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat include fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.

4. Cut down on sugary drinks. Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!

5. Drink enough water. Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.

6. Don't skip breakfast. A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

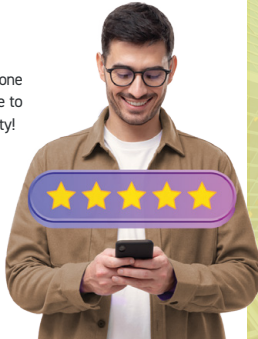
We hope these tips will help you navigate the season and prioritize your health this summer!



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.

