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# NEWSLETTER

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SEPTEMBER 2023



## HOW PHYSICAL THERAPY HELPS *Chronic Headaches & Migraines*

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# HOW PT HELPS *CHRONIC HEADACHES & MIGRAINES*



Have you noticed pain on one side of your head? Do you have tension in the neck that radiates up and leaves you with a nagging headache? There are many different types of headaches and various causes for each of them. Fortunately, the therapists at Recovery Physical Therapy know how to figure out where your headaches are coming from and the quickest way to get rid of them!

If you live with chronic headaches or migraines, myofascial release can help you find relief.

Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by a physical therapist and focuses on specific pressure points to bring the myofascial back to its elastic form.

Every headache requires a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work. Fortunately, at Recovery Physical Therapy, our therapists will skillfully address your individual needs.

Give our office a call today, set up a consultation, and discuss how our treatment services could benefit you!

## HOW MYOFASCIAL RELEASE CAN HELP YOU FIND RELIEF

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted space, thus promoting more effortless mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process.

These manual techniques help reduce pain and keep the head and neck moving. They also help chronic headaches, and migraine sufferers sleep better and experience attacks less frequently.

## HOW PHYSICAL THERAPY USES MYOFASCIAL RELEASE IN YOUR PLAN

Your therapist will perform a thorough assessment to identify the type of headache you are experiencing and the specific treatments that will be the most beneficial. The main emphasis of physical therapy is giving you the tools to manage your pain.

*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

We will educate you on the most effective exercises and postures to complement our hands-on interventions. Our goals include:

- Reduce pain quickly through myofascial release and other manual therapy techniques
- Reduce pain with postural education and targeted movements/exercises
- Minimize the risk of recurring pain through strengthening exercises and behavioral changes
- Minimize the use of medication or surgery to eliminate pain

Manual therapies, including myofascial techniques, effectively reduce pain. However, when combined with targeted stretches, the results improve even more! Our therapists will identify specific stretches to alleviate pain and restore your motion. In addition, we will educate you on the movements and positions that are provoking your pain.

Next, our therapists will educate you on preventing future episodes through regular exercise. It's important to address issues when they begin so that they do not worsen over time.

Too often, people wait until they have severe headaches. Typically the longer you wait, the more challenging it is to reduce your pain. Regular manual sessions can reduce and may even prevent future episodes.

#### CALL TODAY TO SCHEDULE AN APPOINTMENT

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today.

Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

At Recovery Physical Therapy, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life!

Sources:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8384005/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6134706/>



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# SAY "BYE BYE" TO YOUR HEADACHES!



## STAFF SPOTLIGHT

### REEMA KAVA



Reema Kava has 6 years of clinical experience in core orthopedic rehabilitation and works at the Fashion District location. She is originally from India and moved to the States after completing her Bachelors in Physical Therapy. Reema has a Master's in Kinesiology with a major in exercise science that really helped in shaping her as a clinician. She is also pursuing her Post- Professional Doctorate in Orthopedic Physical Therapy from Touro University, New York. In addition to her solid education foundation and her experience, her focus is comprehensive patient care. She is an active promoter of therapeutic exercises, neuromuscular re-education for pain relief from musculoskeletal and sports injuries, and her prowess is hands-on manual physical therapy. Reema is a firm believer that movement is a medicine for creating a change in a person's physical and mental well-being.

Reema is a very outdoorsy person and during her leisure hours, she indulges in yoga, pilates and loves to see what more NYC has to offer

Her Professional coursework and certifications include:

1. Clinical Instructor (CI Credentialing), New York
2. Certificate in orthopedic manual therapy (COMT)
3. Certificate in upper and lower Quarter Clinical Neurodynamic testing (NDS)

# 5 HIKING TIPS FOR FALL



## 1. Make a Plan and Stick to It.

Don't jump into a hike without having a plan. Map out your trip ahead of time. Tell others where you're going and don't deviate from your route. Sign in at all registration points.

## 2. Don't Push Yourself Past Your Limits.

Challenging yourself is great, but when it comes to hiking, slow and steady wins the race. The outdoors (especially when alone) is not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

## 3. Use Your Whole Body.

Many times we give our feet all the credit for carrying us up a steep mountain or through a challenging trail, but we have our whole body to thank! Don't be afraid to use your hands, arms, and even backside to scoot around the mountain! Balance is important and your legs can become tired, especially after a particularly challenging hike.

## 4. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for the weather, and in layers in case it changes.

## 5. Take a break and take pictures!

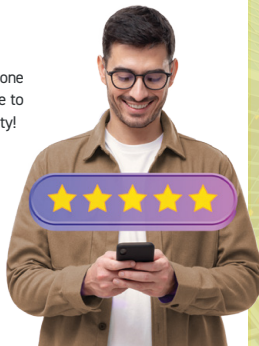
Your body (especially your feet) will thank you for taking a second to breathe halfway through your hike. You will not be able to truly enjoy yourself if you are exhausted and in pain! Take pit stops and keep your camera handy to capture the beauty around you while you rest.



## We Want To Hear Your Success Story!

### DON'T KEEP US A SECRET!

Scan the QR code with your smartphone 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.

