



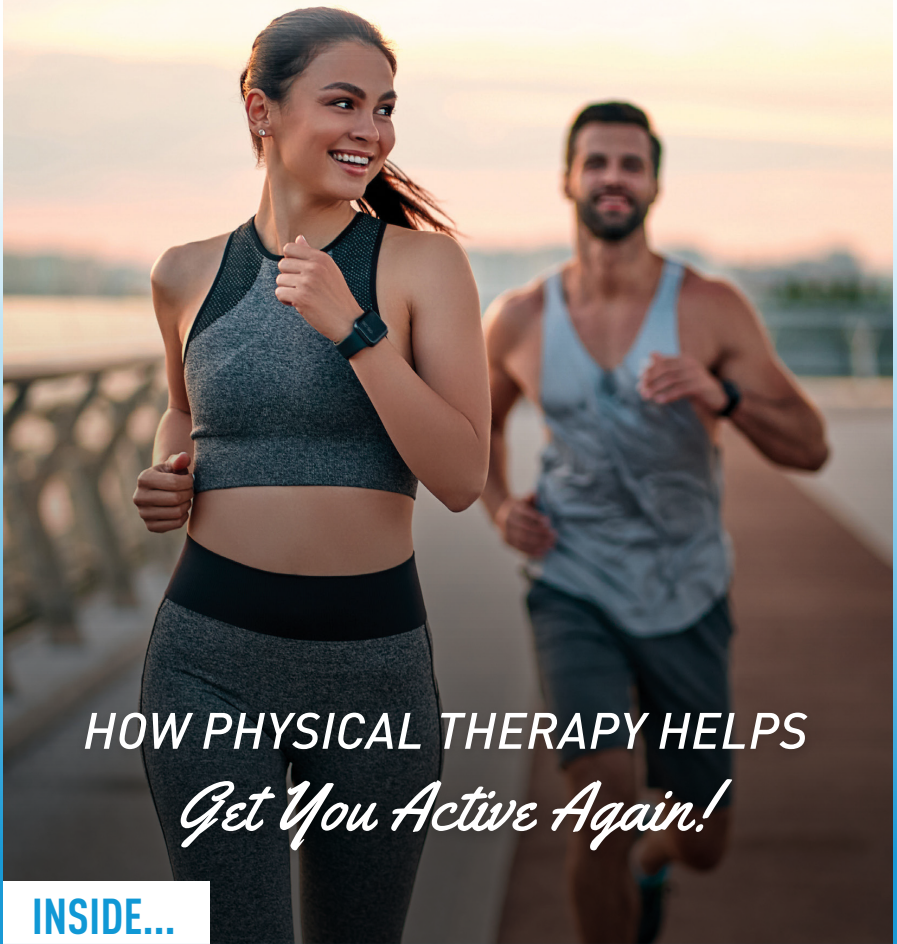
RECOVERY™  
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# NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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OCTOBER 2023



## HOW PHYSICAL THERAPY HELPS *Get You Active Again!*

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# HOW PT HELPS HELPS GET YOU ACTIVE



Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physical therapy can help. At Recovery Physical Therapy, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

Contact Recovery Physical Therapy today for guidance on how to get moving so you can increase your energy and live a healthier life!

## HOW DOES A SEDENTARY LIFESTYLE AFFECT YOUR BODY?

People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night.

An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.

- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

## HOW PHYSICAL THERAPY CAN HELP

Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle.

*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

Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

**Identifying your prior level of fitness.** This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

**Teaching you about the consequences of being sedentary.** Education is a crucial component of success. We will show you ways to increase movement in your day and help you make choices that support your well-being.

**Develop and progress you through specific exercises.** Every program is designed based on your needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life

### WHAT TO EXPECT IN PHYSICAL THERAPY

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

### SCHEDULE AN APPOINTMENT TODAY

At Recovery Physical Therapy, we are dedicated to helping you live the best life you can.

If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.



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# Healthy Recipe



## Coconut Apricot Energy Balls

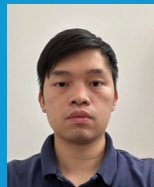
### INGREDIENTS

- 1 1/2 cups dried apricots
- 1 cup raw cashews (can sub blanched almonds or macadamia nuts)
- 1/4 cup unsweetened shredded coconut (plus extra for rolling)
- 2 tbsp brown rice syrup
- 1/2 tsp vanilla extract
- pinch of salt

### DIRECTIONS

Add all of the ingredients to a food processor and pulse until everything is mixed together. You should be able to easily press the mixture between your fingers to form a sticky dough. Scoop out 1 tbsp at a time of the mixture and use your hands to roll into a ball, then dip each ball into a plate of shredded coconut. Place in the fridge for at least 2 hours to set.

## MEET KELVIN LIN, DPT



### KELVIN LIN, DPT

Hi, my name is Kelvin Lin and I am pleased to join the team at our NoMad location. I graduated from SUNY University at Buffalo (UB) with an Exercise Science B.S. degree and a DPT degree. During my time at UB, I was presented with different opportunities ranging from inpatient setting to home health PT and more. I did multiple clinical rotations in outpatient orthopedics as well as a sports focused

clinic, allowing me to become very familiar with how the human body functions and how we can explore different ways to treat an issue. I also did a rotation at a skilled nursing facility. I learned a lot about different transfers, protocols, and rehab exercises for people of different age, size, strength, and conditions. Combinations of all these clinical rotations allow me to successfully treat and manage many different conditions, and people of all ages.

Currently, I am very interested in the ways individual body parts move during a bigger movement. For example, I would dive deeper into how the pelvis, glutes, and back moves during a movement like a squat. In addition, I value functional movement assessments and use it to point me in the direction of the patient's limitation rather than treating the patient solely based on diagnosis.

My current hobbies include basketball, video games, working out, and trying out new food.

# HOW DO YOU SLEEP?



How are you sleeping at night? Sleep is the body's uninterrupted time to repair tissue damage, heal wounds, restore organ function, stabilize chemical imbalance, refresh areas of the brain that control mood and behavior, and improve performance. Restful sleep— and a proper sleeping position— is a critical part of maintaining good health.

It's critical that we learn to sleep in the best position for proper spinal alignment. The better shape our spine is in, the lower our chances of developing neck pain, or shoulder pain becomes. The better our spinal alignment is, the better our overall posture will be during the day.

## Do you sleep on your back?

If so, placing a small pillow under your knees can help to reduce stress and strain on your spine and support the curve in your lower back. The pillow your head is resting on should support your head and the angle of your neck and shoulders.

## Are you a stomach sleeper?

Sleeping on your stomach can cause stress on the back because the spine can be thrown out of position. To avoid this, place a flat pillow under your stomach and pelvis area. This will keep your spine in better alignment, as will sleeping with a flat pillow under your head or without a pillow at all.

## Or are you a side sleeper?

This is the most commonly used sleep position. And it is vital to have good neck support for all side sleepers. The thickness of the neck pillow may create muscle spasms and strain on either one or the other side of the neck, which may cause pain and headache. Roll up a soft towel and put it under a thin pillow on your preferred sleeping side to support your neck in a good alignment.



## 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.**

