



RECOVERY™  
PHYSICAL  
THERAPY, P.C.

# NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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NOVEMBER 2023



PHYSICAL THERAPY CAN HELP YOU  
*Stay Active This Winter*

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# PT CAN HELP YOU *STAY ACTIVE* *THIS WINTER*



Do you find it challenging to get motivated when it's cold outside? Are you worried about spending your time slipping and sliding instead of getting a workout? At Recovery Physical Therapy, we can help you find ways to stay active no matter the weather conditions safely!

Just because it is winter, it doesn't mean you have to stay indoors. Remaining active in the winter months is just as important as remaining active during other seasons. The winter presents several fun activities that can double as workouts.

Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At Recovery Physical Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

## WHAT ARE THE BENEFITS OF EXERCISING DURING THE WINTER?

People often spend their life with a long commute to work, sitting. It is undeniable that daily exercise is essential for staying healthy and promoting wellness. The American Heart Association recommends getting at least 150 minutes per week of moderate-intensity aerobic activity. Depending on the type of workout, exercising in colder weather can meet and exceed these recommendations.

Too often, it seems easier to stay in, nestled up in blankets, while it's snowy and cold, and there is evidence that we workout

around 10 minutes less per day in the winter compared with the summer months.

With winter, some risks don't exist in warmer months. For example, slipping on ice as you walk or run on the sidewalk or in more severe risks like hypothermia or frostbite can result from improper clothing or underestimating the temperature.

Staying active is a necessary component of well-being and one of the best ways to improve your mental and physical health. Physical activity has been linked to:

- Improved sleep
- Reducing anxiety
- Strengthening bones
- Strengthening your muscles
- Lowering blood pressure
- Lowering your risk of type 2 diabetes and many kinds of cancer

*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

- Maintaining or losing weight
- Reducing the risk of dementia and Alzheimer's
- Improving balance and reducing your risk of falling

Exercising in the cold can be invigorating and serve as an immune system boost. Even just a few minutes of outdoor exposure during the winter can help prevent both bacterial and viral infections.

Staying safe is essential, and so is staying active. Anything you can do to spend less time sitting and keep active during the winter months is a step in the right direction!

#### WHAT TO EXPECT FROM PHYSICAL THERAPY SESSIONS

At Recovery Physical Therapy, we want to make sure you stay safe this winter, so you can enjoy doing the season's activities without fearing a harsh fall or other serious injuries. No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low-intensity movements that will make the physical activity easier to perform.

Our physical therapists will start with an assessment identifying the factors contributing to your pain and/or injury. We will perform a thorough history to understand more about your challenges and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will progress your program to help you get back to the activities you enjoy in the most efficient way possible.

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is essential to add to your stability. Choose shoes with winter soles for traction. Add slip-on spikes to your boots on the extra icy days to reduce your risk of slips and falls. You can also get a pair of ski or walking poles to help keep your balance.

#### CONTACT US TODAY!

Whether you're looking for ways to recover from an injury and get moving in the winter, Recovery Physical Therapy can help.

Contact us today to find out how we can help make your winter season as enjoyable as possible!



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# Healthy Recipe



## Pumpkin Soup

#### INGREDIENTS

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

#### DIRECTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

## BEING GRATEFUL IS GOOD FOR YOU

### 1. Write thank you letters

Remember writing thank you letters? How long has it been since you wrote one? You don't need to have a wedding, graduation, or other big life event to thank the people in your life. Try writing thank you letters to your friends and family for the little things— you'll be surprised at how good it feels!

### 2. Write down what you are grateful for everyday

This might sound intimidating, but it doesn't have to be! Take a few minutes each morning or evening to write down at least 3 things that you are grateful for in your life. This repeated action helps us shift into a more positive mindset and can help fight symptoms of depression and anxiety.

### 3. Use visual reminders

It can be hard to remember to practice gratitude. With your hectic schedule, sometimes it can feel impossible to sit down, take a moment to breathe, and reflect on your blessings. Visual cues can be a great tool for reminding us to take a beat.

Something as simple as sticky notes, a poster, or even your home screen on your phone or laptop can help us remember to slow down and shift to a positive mindset.



# MEET SAGAR PATEL, PT

WE ARE HAPPY TO ANNOUNCE THAT SAGAR JOINED RECOVERY PT'S FASHION DISTRICT LOCATION WITH 10 YEARS OF CLINICAL EXPERIENCE!



Sagar Patel, PT

Sagar is a New York State licensed physical therapist with 10 years of experience. He has rendered care in many healthcare facilities including hospitals, skilled nursing facilities, and private practice.

He possesses extensive experience in various concentrations involving adult and geriatric orthopedic conditions, sports-related injuries, and post-op rehabilitation. Sagar delivers care with evidence-based practices for shorter recovery times and optimal outcomes.

He also considers the many facets that make up a patient's whole being, such as movement patterns, functional training, and external factors, optimizing treatment in this manner. Sagar prides himself on building a strong rapport with his patients, incorporating their goals and interests into their treatment plan.



CALL OUR FASHION DISTRICT LOCATION TODAY TO BOOK WITH SAGAR: (646) 568-7275

## 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.

