



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYP.T.COM

DECEMBER 2023



HOW HEALTHY
Are You, Really?

INSIDE...

How Physical Therapy Can
Help You To Be Healthier

Seasonal Recipe

Enjoy The Holidays
Without Overeating



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYPT.COM

DECEMBER 2023

HOW HEALTHY ARE YOU, REALLY?



Are you getting as much physical activity into your daily routine as you should be? No matter your age, it's critical that you get up and move around every day! Recovery Physical Therapy emphasizes the importance of physical activity and wellness in our clinic. Our biggest priority is to see that our patients are healthy and feeling their best.

Did you know that physical therapy can play a role in improving your overall wellness? This is especially true if you are recovering from an injury, living with a chronic condition, or recovering from or preparing for surgery.

Call our clinic today to schedule an appointment, and in the meantime, keep reading to learn how physical therapy can keep you active and healthy!

HOW PHYSICAL THERAPY CAN HELP YOU TO BE HEALTHIER

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating you about your condition and overall health and well-being. At Recovery Physical Therapy, we will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future and stay as active as possible!

CAN PHYSICAL THERAPY IMPROVE MY EVERYDAY LIFE?

Yes! A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing

how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Recovery Physical Therapy also offers ultrasound diagnostic testing for our patients in need of EMG and NCV testing. These tests serve as ways for us to pinpoint the actual cause of your discomfort so that you can recover and return to a healthy lifestyle.

Diagnostic testing services:

Ultrasound diagnostic testing is a tool that uses sonic waves to see inside painful areas of the patient's body. It allows your physical therapist to analyze certain joints, muscles, ligaments, and nerves in the affected area, both at rest and with movement, to pinpoint the source of the 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.

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

Continued from outside

EMG tests work by using a specialized computer. Our highly trained physical therapist can see and hear how your muscles and nerves are working during this test!

In many cases, the examination will include areas away from your symptoms because nerves can be extremely long, extending into other parts of your body.

An EMG is only one part of nerve testing; the other is called the nerve conduction study. With these tests, your provider will have all the information they need to diagnose and help you with your health questions. If you're living with numbness, tingling in your extremities, weakness, or sciatica pain, this kind of test could help get to the root of your problem.

OUR WELLNESS PROGRAM COULD HELP YOU FEEL YOUR BEST!

Recovery Physical Therapy is proud to offer a coordinated wellness program to help you meet your long-term goals during or after your therapy. Custom-designed individually, our certified exercise physiologists will work 1-on-1 with you to create a plan to help you live a satisfying life.

Our physiologists will meet with you to discuss your goals and work with you to establish a pathway to a brighter future. Our exercise programs are designed to tackle many problem areas and can even help with:

- Diabetes
- Weight Loss
- Sports Conditioning
- Endurance/Stamina
- Arthritis/Osteoporosis
- Heart Disease/High Blood Pressure

Whether it's enjoying long walks on the beach or getting back on the golf course, our specialized programs will get you where you want to be.

CALL US TODAY

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

Call us today to schedule a free consultation.



RECOVERY™
PHYSICAL
THERAPY, P.C.

(917) 763-7825

Seasonal Recipe



Christmas Toffee

INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- Peppermint candy

DIRECTIONS

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy. Cool completely then refrigerate for 2 hours or until hard enough to break apart.

ENJOY THE HOLIDAYS WITHOUT OVERTEATING

The holidays can be one of the most challenging times of the year for those who are trying to maintain a healthy lifestyle. It is a time for family and friends, for good food and decadent desserts. But it doesn't have to be! Here are four tips to help you stay healthy during the holidays.

- 1) Eat before you go. If you know that there will be many tempting treats at your holiday gathering, try eating a healthy dinner before you arrive. This way, you still have room for a small dessert and avoid overeating.
- 2) Enjoy your favorite foods in moderation. The key is to enjoy your favorite foods in moderation. They can still be on your plate, but try not to overdo it! Wait for 15 to 20 minutes before grabbing seconds to ensure you don't overeat.
- 3) Drink water: If you're like most people, you tend to opt for sugary drinks or alcoholic beverages at your holiday parties. Amid all the excitement, it's important to remember to drink water still. Staying hydrated is a critical element of healthy nutrition and helps digestion.
- 4) Have a healthy breakfast every morning. Eating a healthy breakfast is essential for your health and weight. Protein-rich foods are the best choice for breakfast because they keep you full longer and help you avoid overeating later in the day.

Protein-rich foods include eggs, milk, yogurt, cheese, beans, nuts, and seeds.



5 HEALTH TIPS FOR THE HOLIDAY SEASON



1. Shop Well For Yourself

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

2. Schedule Your Exercise

Your schedule will be very hectic this holiday season. Schedule your workouts just as you would any other appointment. It's ok if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

4. Skip the Baking

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars — let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

5. Hydrate

Keep your water bottle with you at all times. You should be drinking eight, 8-oz glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



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.

