



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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MARCH 2024



FEEL RENEWED
This Spring

INSIDE...

PT Can Help You Be
More Active This Spring

Seasonal Recipe

Exercise Essentials



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As winter melts into spring, it's time to start thinking about getting more active! The warmer days make getting out and enjoying your favorite activities easier, but you still want to ensure you've resolved any lingering aches and pains. That way, you can enjoy springtime without worrying about injury.

We get it: staying active in winter can be tough. That's why it's essential to schedule an appointment with Recovery Physical Therapy so our therapists can make sure you're ready to "spring" into action once again. Whether you need to resolve an old injury or simply want some tips for starting a healthy lifestyle, we're here to help.

Request an appointment with Recovery Physical Therapy today!

PHYSICAL THERAPY CAN HELP YOU BE MORE ACTIVE THIS SPRING

Studies indicate that only about 20% of the adult population in America exercises enough. There are many reasons for this: busy lives, fear of injury, and uncertainty about how to get started are some of the most common.

Physical therapy can help with some of these challenges. We're movement specialists who can work with you to identify any physical limitations that might keep you from being as active as you'd like.

Our sessions start with a comprehensive assessment in which we discuss your health history and the specific goals you are trying to achieve. We can also conduct detailed movement screens that check your strength, balance, mobility, and more.

From there, we'll develop a customized treatment plan that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals.

OUR FAVORITE WAYS TO GET ACTIVE THIS SPRING: HOW TO GET STARTED

Need some inspiration as you start thinking about ways to boost your activity level once the weather warms up? Here are some of our staff's favorites with information about how we can make sure you start safely:

Walking & Running

Both walking and running are fabulous ways to exercise, especially when you can do them outside and enjoy all the beauty that spring offers. That said, it is vital that you start gradually and build intensity over time.

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.

Seasonal Recipe

If you've never run before, start with brisk walks around the neighborhood, then start to do intervals where you alternate running for a specific distance or time and walking. Alternating allows you to recover. Over time, increase how long or far you run while reducing how long you walk until you've built up your stamina.

If you *have* run before, it's still important to ease back into your routine, especially if you took time off in the winter. If you start too intensely, you risk developing injuries like shin splints. A physical therapist can help ensure your body is adequately prepared before you hit the trails!



Shamrock Green Smoothie

Tennis

Tennis is another classic way to get moving come spring. It's a great whole-body workout—but it can also lead to overuse injuries in both your upper and lower body. Overuse injuries develop gradually, making them less apparent than sudden traumas. You'll usually notice pain or stiffness in the affected area that worsens over time.

Our physical therapists can work with you to identify and address any issues with your form and biomechanics or concerns like muscular imbalances or weaknesses that might set you up for a tennis-related injury.

Golf

Golf, like tennis, is another excellent whole-body workout, especially if you skip the golf cart and walk the course. But, like tennis, it can put you at risk for several overuse injuries, including injuries in your hips, lower back, shoulder, and wrist/forearms.

Fortunately, our team understands the unique needs of golfers and can help you address any biomechanical issues that might lead to injury. As a bonus, addressing these issues can also improve your swing and overall performance.

Gardening

No activity says "spring" like gardening! But helping your garden bloom can be tough on your body. You have to lug around heavy bags of dirt or mulch, get into awkward positions while weeding or planting, and use equipment that can strain the muscles in your upper extremities.

Good thing our PTs are here to help! We can address any lingering joint pain and help you get strong and mobile so you can safely tend to your flowers, fruits, and vegetables.

GET YOUR PERSONALIZED GUIDANCE TODAY

The Recovery Physical Therapy team is here to help you make the most of spring. Call us to schedule an initial consultation so you'll be ready to greet the changing season with open arms!



(917) 763-7825

INGREDIENTS

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1–2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

DIRECTIONS: In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.

Adjust sweetness with additional honey, if desired.



EXERCISE ESSENTIALS

Plank Forearms & Feet

This exercise helps strengthen the core.

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvis to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



5 HEALTHY EATING TIPS



1. Drink more water

Drinking water is one of the most essential actions you can take to improve your short and long-term health. Dehydration can affect concentration, alertness, short-term memory, and can cause fatigue. Drinking enough water each day also helps support your kidney health and your physical performance. The benefits go on and on!

2. Eat more Omega-3s

Increasing your intake of omega-3 fatty acid-rich foods may help you maintain a healthy blood pressure. According to research, omega-3 fatty acids can help improve your mood, which is something we all need during the short, dark days of winter.

Aim for two servings of fish per week, preferably fatty fish like salmon, sardines, and some types of tuna high in omega-3s. Not a fan of fish? Choose walnuts and flax as good non-fish sources of omega-3s.

3. Substitute meat with tofu

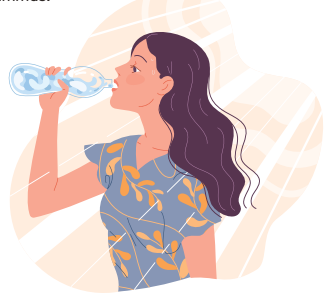
Did you know that restricting your meat intake is good for the environment and your heart? When you substitute soy for meat, you will naturally consume less saturated fat. While tofu lacks authentic flavor, this is what makes it so versatile—it absorbs the flavors of a stir-fry sauce or marinade like a sponge, making it taste fantastic!

4. Cut back on salt

Excessive salt consumption can raise blood pressure, a significant risk factor for heart disease and stroke. Watch how much salt you add to your food and avoid high salt snacks—like potato chips.

5. Limit your sugar intake

Too much sugar is not only bad for our teeth, but it also increases the risk of unhealthy weight gain and obesity, which can lead to severe and long-term health issues. Instead of selecting sugary drinks, opt for cool refreshing water. You can also replace sweets and candy with healthy snacks, like carrots and hummus.



SHARE THE LOVE!

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!



PATIENT SUCCESS



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 provides helpful alternatives or suggestions. I don't hesitate to say that you will be in very good hands with Jenny."

-G.M.

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.