



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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APRIL 2024



PLAY SAFE: PT PREVENTS *Sports Surgery*

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PLAY SAFE: PT PREVENTS SPORTS SURGERY



If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our Recovery Physical Therapy physical therapists can help you recover after an injury and avoid the need for surgery in many cases.

Our team can help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We'll take a holistic approach that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our therapist-led programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and need for surgery.

TAILORED PLANS AFTER AN INJURY

If you are trying to avoid surgery and wonder if physical therapy can prevent or delay surgery, the simple answer is yes!

Most orthopedic-type surgeries are not urgent or emergencies. Although traumatic situations can be emergencies, most times, there is a significant period of time between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more frequent is the number of people who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help. Unfortunately, rest, avoidance, and trying to ignore or push through pain only lead to a bigger, often more complex, problem.

At Recovery Physical Therapy, our physical therapists will weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare yourself for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

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.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. You are not merely treated but are guided towards a pathway of enhanced performance and overall well-being!

WHAT TO EXPECT AT YOUR PHYSICAL THERAPY SESSIONS

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists with sports rehab experience will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Next, your therapist will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery, so you get back to training and competing in the sport you love.

For example, your physical therapist will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

Physical therapy at Recovery Physical Therapy will provide the foundation for successful training while reducing future injuries and avoiding surgery!

CONSIDERING PHYSICAL THERAPY? GET STARTED TODAY!

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned physical therapists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Whether you're on the brink of surgery or hoping to prevent it, our therapists will create a program specifically tailored to your unique needs. Reach out to our clinic to learn more!



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Healthy Recipe



INGREDIENTS

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- Juice of 1 lemon or 1 1/2 limes
- 1/8 teaspoon sea salt

DIRECTIONS: Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.

EXERCISE ESSENTIALS

Seated Hamstring Stretch

increase flexibility, reduce injuries

Start by sitting up straight in a chair with one knee bent and the other straight. Place both hands on the straight knee and slowly bend forward at your waist like a hinge. Feel the stretch in the back of your leg.



COMMON SPORTS INJURIES



First, let's discuss some of the most frequently encountered sports injuries. One of the main reasons for these injuries includes deceleration incidents, which put immense strain on muscles and ligaments, and sudden changes in direction, which can cause lower body sprains and strains.

In addition, inadequate or improper training methods, including insufficient warm-up and improper technique, elevate the risk of injuries. Overuse injuries (i.e., repetitive stress) frequently occur without proper rest, leading to complications such as tendonitis.

The top sports injuries are:

- **Ankle Sprains:** Ankle sprains are common in sports involving running and jumping when the ligaments surrounding the ankle are stretched or torn.
- **Knee Injuries:** Athletes are prone to knee injuries, which can involve damage to ligaments, cartilage, or other structures within the knee joint.
- **Shoulder Injuries:** These encompass a range of issues, including rotator cuff tears and dislocations, often seen in sports that involve overhead motions like swimming or baseball.

- **Fractures:** These involve breaks in the bones from a single, forceful incident or stress fractures (caused by repetitive stress).

Our physical therapists can guide you through preventive strategies to reduce your risk of sports injuries and promote a safer athletic environment.

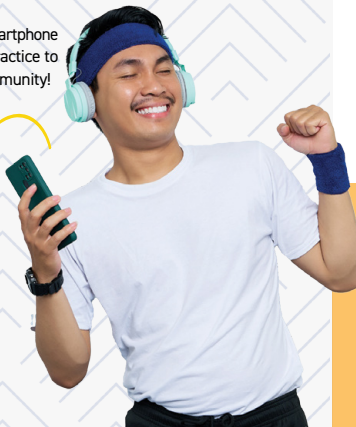


SHARE THE LOVE!

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



Scheduling was easy thanks to the ever pleasant, helpful and friendly Phyllis. With Eric's expert guidance, along with Steven who was interning, my muscle issues (a groin strain and hamstring weakness) were resolved. I appreciated the calm, well lit environment with large windows that welcomed natural light. While there were always other people present, it never felt loud or hectic and I never felt neglected. To facilitate home practice I was given both a blue and red theraband. Additionally, I had online access to my exercise program, which made it very convenient especially because there was a video demo of each exercise. As you might surmise, I highly recommend Recovery PT in Larchmont and you can enjoy your T-shirt upon graduation!"

-L.B.

SCHEDULE YOUR APPOINTMENT TODAY!

