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NEWSLETTER

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JUNE 2024



CRUNCH TIME: *PT's Core Secrets*

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CRUNCH TIME: PT'S CORE SECRETS



Is back pain making standing tall more difficult? Have you noticed you don't feel as balanced as you once used to? What's the connection? These are both signs that may indicate core muscle weakness. At Recovery Physical Therapy, our physical therapists can help you figure out if your core is affecting your condition and, if so, how to get it strong again!

Your core muscles help you do a lot — from sitting to standing to getting up and down from chairs. A strong core allows smooth, coordinated actions, thus impacting almost every activity you do every day. If your core muscles are weak, they may affect your function and possibly your pain levels.

It's important to note that core muscles are not just important for physical fitness but are also essential to the overall quality of life. Our physical therapists understand the importance of core strength and will assess you to determine if it's affecting your daily activities. With our expert guidance, you'll learn how to engage your muscles in how they were designed to move!

Contact us today to set up an appointment or learn more about how our team can help you strengthen your core!

WHAT IS THE "CORE"?

When most people think of core muscles, they immediately think of the abdominals. However, the core muscles comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

Significant weakness in the core will often lead to compensations and straining of different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

The muscles that make up your core are designed to help stabilize your body, support your posture, ensure your balance, and support movements in all directions. If any of these muscles are weak, injured, or used inappropriately, your trunk becomes unstable, making it difficult for your body to function correctly.

The core assists in almost every movement, from bending down to picking up an object to standing up straight. It also plays a significant role in breathing, lifting a heavy object, twisting your body, or even just walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact. A strong core enhances power, speed, coordination, and agility with all sports and recreational pursuits. It also can help reduce the risk of injuries and may help to prevent chronic lower back 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.

A strong core is vital to your overall health, functional movement, and athletic performance. Proper core training helps maintain spine health, ensures optimal performance in your daily life, and can help prevent various injuries.

BUILDING CORE STRENGTH WITH EXPERT GUIDANCE

Physical therapy is a great starting point for building your core strength. Our licensed therapists will conduct a detailed evaluation to identify the underlying muscle weaknesses and strategies to strengthen them.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement patterns, and strength, pinpointing the exact cause of the pain. From there, we will create an individualized treatment plan for you based on your specific needs to strengthen your core, improve your posture, and alleviate pain.

Core stability is about both muscular strength and proper sensory input. This sensory input informs the central nervous system about your body's movements and positions to facilitate specific actions, ensuring your body reacts appropriately. When functioning properly, our body can perform the most basic tasks and advanced athletic activities.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program focusing on core-specific exercises and progressing to multi-joint free-weight exercises for comprehensive core muscle training. You can anticipate continuous feedback and guidance for fine-tuning your movements to ensure optimal spinal stabilization through a strong core.

BOOK YOUR APPOINTMENT AT RECOVERY PHYSICAL THERAPY TODAY!

Our physical therapy team will assess your condition to identify how your core affects your function. We'll educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Our individualized exercise programs can reduce your pain and improve your overall quality of life!

Call us today to set up an appointment!



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Healthy Recipe



Grilled Chicken Caprese

INGREDIENTS

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 plum tomatoes
- 2 tbsp olive oil
- 1/4 cup fresh basil
- 2 oz fresh salted mozzarella

DIRECTIONS: Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

EXERCISE ESSENTIALS

Plank Forearms & Feet

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 WAYS TO INVEST IN YOUR HEALTH TODAY



- 1. Make sure to eat healthy.** Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.
- 2. Exercise regularly.** We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.
- 3. Get to sleep at a decent hour.** Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."
- 4. Have a primary care physician.** Shockingly enough, many people do not have primary care physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time-consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.
- 5. Pay attention to your mental state of being.** Being healthy is about more than just your physical state. Your mental and emotional well-being are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.



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 could not recommend Recovery Physical Therapy more! Before I found Recovery Physical Therapy, I had been having nagging low back and shoulder problems that none of the other physical therapists I had visited could remedy. They were the only place to properly diagnose and help me heal my injuries, which was a huge relief. Not only is the staff extremely knowledgeable and helpful, they are also friendly, sympathetic, and available. They are the best!"

-M.R.

SCHEDULE YOUR APPOINTMENT TODAY!

