



# NEWSLETTER

## HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

### INSIDE:

- How Physical Therapy Can Help Your Recovery
- Seasonal Recipe: Christmas Toffee
- Patient Success Spotlight
- Covid-19 Update

**WE'RE BACK  
TO NORMAL  
HOURS!**

*Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare up of an old injury or condition.*

*(continued inside)*





# N E W S L E T T E R

**ATTENTION  
CURRENT  
PATIENTS:  
CONTACT US  
FOR HOME  
EXERCISES!**



## HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

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*(continued from outside)*

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

**SPRAINS:** A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

**STRAINS:** A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

**KNEE INJURIES:** According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries,

which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

**SHIN SPLINTS:** Shin splints occur when there is a pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Balance In Motion can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

The licensed physical therapists and physical therapist assistants at Balance In Motion can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.



# HOW PHYSICAL THERAPY CAN HELP YOUR RECOVERY

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

## How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

## Injuries increase as you age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are supple and

stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

## Before and after

Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Balance In Motion can get you back to enjoying your activities pain-free. Call today to learn more how our programs can help you feel great!

[www.bimptnyc.com](http://www.bimptnyc.com)



## SEASONAL RECIPE: CHRISTMAS TOFFEE



### INGREDIENTS

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

### INSTRUCTIONS

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 and cool for several hours before serving.

## EXERCISE ESSENTIALS

Helps Lower Body Pain



### PRONE HIP EXTENSION

While lying face down with your knee straight, slowly raise up leg off the ground. Hold for 5 seconds. Repeat on opposite leg. This exercise is good for aches and pains in the lower body



**CALL OR TEXT TODAY!**

## PATIENT SUCCESS SPOTLIGHT



***"I AM NOTICING  
SIGNIFICANT RESULTS IN  
MY BODY COMPOSITION"***

I love the workout routine you set up for me. Between the TPI and the Gym Programs, I am noticing significant results in my body composition and golfwise, a nice increase in clubhead speed (5-10%) in my golf swing as the kinematic sequence is firing so much more efficiently. - L.W.



## NEURAC METHOD

Click to watch this short introduction film – from treatment to home exercise



Neurac method is a treatment that aims to restore functional and pain-free movement patterns through high levels of neuromuscular stimulation. The Neurac treatment focuses on muscle interaction and the cause of the problems, not just the symptoms.

Neurac method is founded on up-to-date research and long-standing scientific principles that recommend the use of closed chain exercise for managing neuromuscular skeletal problems and enhancing function.

**Neurac is an active treatment approach consisting of four main elements:**

1. Suspension exercise
2. Controlled vibration/perturbation to selected body parts
3. Workload, specific and gradual exercise progression
4. A pain-free approach

The aim of the Neurac method is to restore pain-free movement patterns and improve function. Neurac treatment challenges the interplay between muscles and focuses on what is causing the problem – not only on the symptoms.

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## COVID-19 UPDATE

Our staff is taking extra steps to ensure the cleanliness of the clinic space upon our reopen. You may notice some changes that we have implemented to protect our patients and staff.

*If you have any questions about your appointments, please reach out to us.*

We are following the recommendations of the CDC. It is very important for our patients to understand that you need to get your information from reliable sources. We do NOT recommend that you trust any information posted on social media. This includes re-posts of articles. Always seek out information directly from the source.

**(347) 535-5354**

## COUPON CORNER

**FREE 15 MINUTE CONSULTATION**



**BALANCE IN MOTION**  
Physical Therapy · Chiropractic · Medical Massage · Acupuncture

***CALL/TEXT TO SCHEDULE TODAY!***

**(347) 535-5354**

Offer valid for the first 20 people to schedule.  
Expires 12-31-20