



NEWSLETTER

DON'T LET PAIN KEEP YOU FROM DOING WHAT YOU LOVE



INSIDE:

- What Is Tendinitis?
- Patient Success Spotlight
- Healthy Recipe: Turkey Meatballs
- A New Year Means A New You





N E W S L E T T E R

ATTENTION
CURRENT
PATIENTS:
CONTACT US
FOR HOME
EXERCISES!



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Dealing With Tendinitis:

Athletes are naturally at an increased risk for experiencing injuries. This is not as a result of any particular health issue that athletes typically have in common. Instead, it is a simple exposure equation. The more frequently you push yourself to try new things, to engage in physical activity, or to push yourself to reach a new goal, the more you are going to increase your risk for potential injury. On more days than not, the injury won't happen, but as every athlete knows, it only takes one bad day – one day when fatigue throws off your form just enough to cause your gait to be off, for you to feel a little distracted and not realize an obstacle is coming up, or just a fluke of a moment in which something goes wrong and you go down. What makes matters worse

is the fact that many athletes attempt to push past the pain of their initial injuries, which often leads to those injuries becoming more severe.

Working with a physical therapist is especially important for athletes for this reason. A physical therapist can help identify potential issues with posture or form that may increase your risk for injury, help identify potential injuries as they develop, and assess the severity of and best treatment options for those injuries as soon as possible, so you always know exactly what your body needs to feel at its best.

Understanding tendinitis:

While there are some sports injuries that happen after a bad day, there are others that develop over time. Tendinitis is an incredibly common issue that causes pain to develop in the joints.

This can impact the hips, knees, elbows or shoulders. Pain caused by tendinitis can impact everyday activities, making it exceedingly difficult to remain comfortable day to day or to remain active.

Tendinitis can make simple activities such as picking up a gallon of milk or attempting to put something away on a shelf over your head incredibly painful and challenging. Unfortunately, when tendinitis develops, it often sticks around. This means that pain that begins as frustrating and seemingly minor can quickly become chronic and incredibly painful. Working with a physical therapist is the best way to address tendinitis pain early on, to improve range of motion and reduce the severity of your pain without having to turn to pain medications.



WHAT IS TENDINITIS?

Tendinitis is a common issue among athletes because it develops as a result of overuse. While the average person may engage in standard physical tasks such as walking or typing, an athlete takes that repetitive behavior to a new level. Consider a tennis player, for example. In addition to running and jumping, a skilled tennis player will spend hours every week swinging the racket, and this could result in added wear and tear on the elbows and wrists, not to mention the shoulders.

Every bone in the body is connected with muscular fibers called tendons. The tendons are flexible, allowing the body to move more freely by letting bones stretch apart or move in one direction or another. Tendinitis occurs when the tendons become inflamed. Swelling in the tendons can make movement painful and difficult.

Typically, when pain is caused as a result of tendinitis, the pain is isolated at the noted

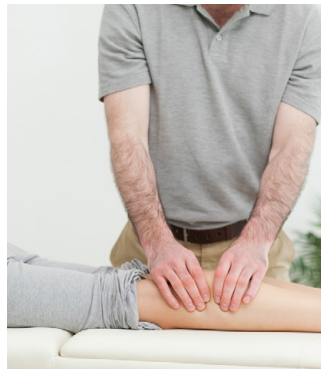
areas of the body. This means that a tennis player may experience tendinitis in the elbow or shoulder, whereas a runner may be more likely to experience it in the Achilles tendon. In fact, this is why tendinitis in the elbow is frequently referred to as tennis elbow, while Achilles tendinitis is sometimes referred to as runner's ankles or runner's heels.

Treating tendinitis

The best treatment for tendinitis is time. Unfortunately, this is something that many people are unable to give to an injury. When tendinitis develops, the best thing to do is to use ice and to relax that part of the body. Taking a few days off of practice or away from your workout may be sufficient, but in other cases, this may require a few days in a wheelchair or on crutches, with the bulk of your weight off of the affected area.

Working with a physical therapist can help you identify the best treatment methods for

tendinitis. Your physical therapist can also help you identify the best range of motion and strength-building activities to reduce your likelihood of developing tendinitis. For more information about preventing or treating pain from tendinitis, contact us.



www.bimptnyc.com

HEALTHY RECIPE: TURKEY MEATBALLS



INGREDIENTS

- 1 lb ground turkey
- 1 tsp basil
- 1 large egg beaten
- 1 tsp salt
- 1/4 cup shaved parmesan
- 1/2 tsp ground black pepper
- 1 tsp garlic powder
- 1 (24 oz) jar red pasta sauce
- 1 tsp onion powder
- 1/2 lb whole grain spaghetti

INSTRUCTIONS

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

EXERCISE ESSENTIALS

Stretches Hamstrings



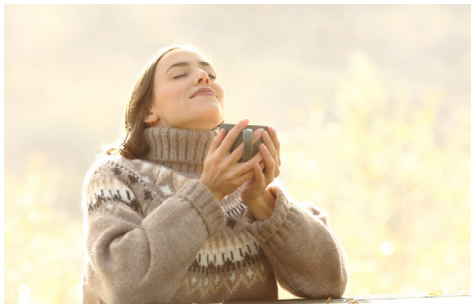
FORWARD BEND| LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



CALL OR TEXT TODAY!

PATIENT SUCCESS SPOTLIGHT



“DR KIM IS EXCELLENT.”

"Dr Kim is excellent. I felt very comfortable around him and will visit him again. My initial impression walking in was that his office is clean, it has space and it is well looked after. He has a calm demeanor, which I appreciate as it helped me relax into a new environment. During my initial consult he walked me through step-by-step what he was looking for, what he discovered and why my symptoms were occurring which I found helpful. I was also very thankful for the work he did to help fix my neck." - **K.S.**

A NEW YEAR MEANS A NEW YOU

*Let Balance in Motion Physical Therapy Help You Reach Your
Health & Fitness Goals This Year!*

The professionals at Balance in Motion Physical Therapy will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.

(347) 535-5354

ALTERG ANTIGRAVITY TREADMILL

Click to watch this
short introduction
film on the AlterG
Antigravity Treadmill.



How will AlterG benefit me?

This device will reduce the impact of your body weight by 80% while in use. It is a form of treatment that can be beneficial to anyone – athletes, seniors, patients working through physical rehabilitation, etc. It provides some much-needed relief that most other treatments simply are not able to do. By releasing the gravitational pressure of your body, the AlterG Treadmill is able to help you comfortably restore your normal walking, jogging, running, and moving mechanics. It also promotes strengthening exercises that heal damaged tissue and build more muscle. All of this adds up to a much safer, quicker, and comfortable recovery than you may experience without it.

AlterG technology provides a controlled environment for patients to exercise and heal. This allows them to return to doing the activities they love much faster than they may have anticipated. By getting back into physical activity as quickly as possible, patients are able to avoid unwanted risks, such as swelling and inflammation, weakened muscles, or even atrophy.

Contact us for more information on the the AlterG Antigravity Treadmill.

www.bimptnyc.com

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 02-28-21