

Prevent Falling With Physical Therapy



It happens to the young, the old, the coordinated, the uncoordinated, Academy award winners, performers and elite athletes -- falling. While falling is not entirely preventable, there are steps you can take to reduce falling incidents and keep yourself safe. Falling occurs for a variety of reasons. Medication, eyesight issues and poor lighting all contribute to falling. See your doctor if you feel that your medication or eyesight is interfering with your sense of balance. Choose appropriate footwear for exercise or heavy walking.

Uneven surfaces can cause a loss of balance. Without core training and strength, the body is much more prone to falling. Building a strong core is critical for posture and **balance**.

Here at **Cross Bay Physical Therapy** we have a **Falling Prevention Program**. Our physical therapists Jeff, Frank and Rosalba follow a specialized fall prevention program to strengthen your weakened muscles, relieve your painful joints and work with you on balance issues.

To see if you are a **candidate for this program**- try the following **exercises to test and challenge your balance**. To perform these exercises you do need reasonably good balance- if you do not feel comfortable with any or all of these challenges don't do it - and the solution is to start a therapy balance program, so you can feel more comfortable with your strength and balance.

Here We Go..

Single Leg Balance – Using a wall or railing for support if needed, practice standing on one leg. Keep your weight in your heel with a slight bend in the knee. Spread your toes out to give yourself as wide a base as possible. Squeeze your abdominal muscles to engage the core. Remember to practice on both legs.

Single Leg Balance with Towel – Fold a towel multiple times to create an unstable surface. More folds will make this exercise more challenging while fewer folds will make it easier. Repeat the Single Leg Balance while standing on the towel. Follow the same physical cues. Again, remember to practice on both legs.

Single Leg Balance with Closed Eyes – Once you're in position with your single leg balance, close your eyes. A fairly simple exercise becomes much more difficult without eyesight. Try this on both feet. Once you've mastered this, work on the single leg balance using a towel for added instability.

Stair Climbing – Have you ever noticed how you automatically reach for the handrail when climbing stairs? If you can, practice climbing stairs without using the handrail- but have the handrail in reach!! Make sure to place each foot entirely on the step. Again, keep the weight in the heels, engage the abdominal muscles and lean slightly forward.

If you didn't do as well as you would have liked on any of these exercise challenges or you felt that you were too unstable to try the exercises- get on the right track and prevent yourself or your loved one from falling. Our physical therapists appointment specialists are waiting for your call- Call us today at 718 835-0084

How To Heal Shoulder Injuries And Pain!



Shoulder injuries can be very serious. They can be extremely limiting, slow to heal, and very painful. **Physical Therapy** is one of the main treatments to heal common shoulder injuries such as a rotator cuff tear.

Slight impingement and tears of the rotator cuff are common. The shoulder may swell and you can often experience muscle strain. Bone spurs and pinching are common causes of shoulder swelling. A rotator cuff tear is less common but there are still over 40,000 rotator cuff surgeries done in the U.S. every year. For most partial tears, you can often avoid surgery with Physical Therapy.

After an injury, immediately follow the "RICE" method. This method is rest, ice, compression, and elevation, which all work together to reduce the amount of pain and swelling you may experience. Often, as your swelling is reducing, you will be able to move your arm with much less pain and begin range of motion exercises and stretching to help you heal.

At **Cross Bay Physical Therapy**, Jeff or Frank, our experienced physical therapists, will create an individualized plan for your physical therapy and guide you to recovery. We pride ourselves about taking a hands-on approach and will be with you every step of the way. Here are a few examples of stretches and exercises that help rebuild the shoulder:

1. Side-lying external rotation - While lying on your side on a mat or table, place your elbow on your hip and hold your hand out in front of you with your elbow at a 90 degree angle. We will then give you a small weight to hold. Then, with the weight, lift it in the air keeping your elbow still until your elbow is perpendicular to the floor. Repeat 10 times for 3 sets for each arm. Don't worry our physical therapists will show you the exercise in action.
2. Reverse fly - First, stand with your feet shoulder-width apart and your knees should be slightly bent. Lean your back slight forward while keeping it straight. Then, with lightweights in each hand, extend your arms and raise them away from the body. Remember to squeeze your shoulder blades together when you raise the weights. Do three sets of ten repetitions.

It is important not to try these exercises before you are ready or before Jeff, Frank, or Rosalba, our seasoned **physical therapists** show you specifically how to do them. If you don't follow this advice, you are at risk of hurting yourself.

Your shoulder problem can get better, and at Cross Bay Physical Therapy we are both experienced and dedicated to help you heal and get you back your shoulder's health.

If you or your loved one's shoulder is bothering them call today at (718) 835-0084 and schedule your appointment.

Heal Knee Pain With Physical Therapy



You may be having knee pain or have just had surgery. Your knee is probably stiff and immobile. You may feel like the last thing that you want to do is move around and get your feet but Jeff, Frank, Rosalba and their Cross Bay Physical Therapy Team will help you get your knee strength back!!

Physical Therapy will resolve your muscle and joint pain. We will guide you back to recovery and are with you every step of the process. We focus on hands-on physical therapy and really seek to understand your lifestyle and desire to help you achieve your goals.

Rehabilitation and resolving knee pain involves strategies such as stretching and exercising, ice and heat, ultrasound, massage, and electrical muscle or nerve stimulation. Jeff, Frank, and Rosalba understand both the ideal movements of your body as well as what is stopping you from achieving your ideal flexibility and strength.

Individualized, Hands-On Attention

A knee injury is painful and limiting but with our Hands-On physical therapy, it is possible to get back to your full health and mobility. We create an individualized treatment plan for each patient at their first session based on their type of injury, severity of injury, and lifestyle. Oftentimes, physical therapy is all you need to heal your knee. Physical Therapy is considered an effective alternative to surgery for many knee conditions.

At your first session, Jeff or Frank will work one on one with you and come up with a treatment plan. He will discuss how to rebuild the movement and strength of your knee and legs. This way you can participate and understand the path of your recovery.

You likely need physical therapy if:

1. You are experiencing pain in your knee.
2. It is difficult for you to balance yourself.
3. You feel pain when you move your lower leg back and forth.
4. It is difficult to stand on one leg.
5. You have weak muscles in your legs, especially in the front and back of your thigh.

Jeff or Frank may ask you to hop on one leg and take a short walk on the treadmill. He is trying to expose your weak spots and then put a plan in place to turn those weak spots into strong ones. He may also recommend you tools to help you recover and prevent further knee damage such as orthotics and healthy shoes.

Your health is of the utmost importance to us and we will work our hardest to get you better as quickly as possible.

Our physical therapists specialists are waiting to hear from you! Call today (718) 835-0084 and schedule your appointment.

Roasted Vegetable Salad topped with Salmon



Serves: 4

Ingredients

- 2 red peppers, cut into 1/2 inch pieces
- 1 medium eggplant, cut into 1/2 inch pieces
- 1 large yellow squash, cut into 1/2 inch pieces
- 1 1/2 cups butternut squash, peeled and cut into 1/2 inch pieces
- 1 teaspoon olive oil
- 2 tablespoons balsamic vinegar
- 3 cloves garlic, minced
- 1 teaspoon Bragg's Liquid Aminos or low sodium soy sauce
- Black pepper, to taste
- 8 ounces wild-caught salmon (see note)
- 1/8 teaspoon garlic powder
- 12 cups mixed greens

Instructions

Preheat oven to 400 degrees.

Lightly coat a large baking pan using a paper towel moistened with olive oil. Place vegetables in pan. In a small bowl, combine olive oil, vinegar, garlic, Bragg's Liquid Aminos, and black pepper and toss with vegetables. Roast in oven for 18 - 20 minutes, until tender, stirring once.

Cut salmon into 4 pieces. Season with garlic powder and black pepper. Place salmon, skin side down on a non-stick baking sheet. Bake at 400 degrees until salmon is cooked through, about 12-15 minutes.

Place mixed greens on serving plates. Top with roasted vegetables and salmon.

Note: Baked Tofu Strips may be substituted for the salmon tofu.

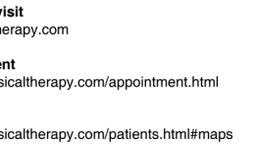
To prepare Baked Tofu Strips: Cut 1 pound of extra firm tofu into 1 inch strips. Place on a lightly-oiled baking dish and sprinkle with 1 teaspoon each garlic powder and onion powder. Bake at 350 degrees for 30 minutes, turning once, until yellow and firm on the outside and still tender inside.

Calories 234; Protein 19 g; Carbohydrates 31 g; Total Fat 5.7 g; Saturated Fat 1 g; Cholesterol 30.1 mg; Sodium 186 mg; Fiber 10.3 g; Beta-Carotene 14096 ug; Vitamin C 195 mg; Calcium 203 mg; Iron 4 mg; Folate 249 ug; Magnesium 128 mg; Zinc 1.5 mg; Selenium 19.7 ug

Joke of the Month

Travel Centre -Call Center help calls
Customer: I've been calling your local office for two days and can't get through -- can you help?
Operator: What number are you calling?
Customer: 0700 0600
Operator: Where did you get that number, sir?
Customer: It was on the door to the office.
Operator: Sir, those are the office hours.

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Insurance Accepted only in Howard Beach office.

Our Office

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Office Hours

Monday: 08:30 am - 07:00 pm
 Tuesday: 08:30 am - 08:00 pm
 Wednesday: 08:30 am - 07:00 pm
 Thursday: 08:30 am - 08:00 pm
 Friday: 08:30 am - 04:30 pm
 Saturday: Closed
 Sunday: Closed