



Cross Bay Physical Therapy

Flexibility, Mobility, Recovery

To improve your quality of life.



Vol III, Number 3



Physical Therapy For Shoulder Injuries

Do you have shoulder pain or stiffness? Do you suspect that you have a shoulder injury? **Cross Bay Physical Therapy** can help you diagnose and rehabilitate your shoulder problem.



Shoulder pain often indicates an underlying injury and continuing normal activity and exercise will likely lead to further pain, stiffness, and even disability. It is better to fix this problem as soon as possible.

Most shoulder pain has to do with musculoskeletal issues. At Cross Bay Physical Therapy, our **physical therapists** will identify which part of the shoulder is causing you pain and create a customized physical therapy program to treat your shoulder injury.

Shoulder pain is often the result of a previous trauma like a fall or a car accident. You should seek medical attention immediately for a shoulder injury. If your shoulder pain has lasted more than two to three weeks, you should either visit your doctor or a physical therapist.

After a shoulder injury, a short period of rest is recommended. You will want to apply ice to provide pain relief and control inflammation during this period. Ice can be applied for 15 to 20 minutes at least twice per day. After a few days of rest, shoulder exercising, under the guidance of a physical therapist, can help rebuild your shoulder. For more severe shoulder injuries, a longer wait period before beginning exercise may be necessary.

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Office Location

Cross Bay Physical Therapy
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Fax: (718) 843-2233

Office Hours

Monday: 8:30 am - 7:00 pm
Tuesday: 8:30 am - 7:30 pm
Wednesday: 8:30 am - 7:30 pm
Thursday: 8:30 am - 7:30 pm
Friday: 8:30 am - 4:30 pm
Saturday: Closed
Sunday: Closed

For door to door driving directions.

www.crossbayphysicaltherapy.com/patients.html#maps

Request an Appointment.
www.crossbayphysicaltherapy.com/appointment.html

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Rebuilding Your Shoulder

The goal of a physical therapy program is to guide your shoulder while it is healing, rebuilding the shoulder with exercise and improving its range of motion. **Physical Therapy** allows you to rehabilitate your shoulder under the guidance of a trained professional and thereby, reducing the risk of further injury.

Shoulder pain usually lasts for about four to eight weeks and after treatment, you will likely begin to notice an improvement to your shoulder pain.

The most important thing that you can do is diagnose your shoulder problem accurately. This way, both your doctors and physical therapists will know how to help you achieve full recovery. Physical Therapy is normally an essential part of shoulder rehabilitation. Without it, one can injure themselves by performing only home exercises or leave the shoulder to remain in a weakened, immobile state even after the initial tissue damage heals.

The shoulder needs to regain its strength because after an injury, the shoulder, it's tendons, and muscles will be weak. A weak shoulder increases the risk of injury, consistent pain, and disability. At Cross Bay Physical Therapy, we are trained and experienced in helping our patients regain the full strength and health of their shoulder after an injury.

Call **(718) 835-0084** today and schedule your evaluation.

How To Fully Recover From An Ankle Sprain

An ankle sprain is extremely common and often heals within weeks. At the same time, there is a risk of recurrent injury or recurrent ankle sprains. You could spend weeks healing only to roll your ankle again. This re-injury is fairly common with ankle sprains, which is why so many people end up with weak ankles leaving them susceptible to multiple injuries.

I am going to teach you today how to not only heal your ankle sprain but make sure your ankle regains its strength, limiting the chances of sustaining chronic sprains.



The Main Goal After An Ankle Sprain

Firstly, after your sprain, you will want to get off your ankle, elevate it, and ice it. Do this 3 times a day for the first week because icing will relieve inflammation and speed up the healing process. Next, use crutches if you can't walk without pain.

The goal in early ankle sprain treatment is to do everything possible not to further damage your ankle as this will only lead to a longer recovery time.

After, you will want to schedule an appointment to get an x-ray making sure that you have a sprain and not a worse injury like a fracture. This x-ray can be performed by a radiologist or a podiatrist. You will also want to wear an ankle brace. This brace is crucial to the recovery of the ankle because it restricts ankle movement making it virtually impossible to re-roll or twist your ankle.continued on page 3

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Don't Forget To Strengthen Weak Ankles

After taking these preliminary steps to healing, it is time to guide your ankle back to full health and this is best done with Physical Therapy. At **Cross Bay Physical Therapy**, our **physical therapists** create a customized program of healing for you and we will guide you each step of the way as your ankle improves.

This physical therapy program includes hands-on therapy, stretching, and exercises to bring your ankle back to strength. An ankle is extremely weak after a sprain. If you are walking casually because you have no pain, your ankle is still weak. Any little misstep is likely to cause your ankle to roll and then, you will have to undergo another month of recovery time.

At our **Physical Therapy facility in Howard Beach**, we make sure your ankle strength is built back up so when you are walking around during the day, the risk of another sprain is much lower. With physical therapy, once your ankle full heals, it will also be strong and able to withstand normal daily activity.

Physical Therapy is important to correct weak ankles and prevent chronic ankle sprains. We will help you heal your ankle and get it back to your full strength and mobility.

Call **(718) 835-0084** and schedule your evaluation.

Eliminate Back And Neck Pain By Fixing Your Posture

The most common cause of neck and back pain is poor posture. Bad posture misaligns the spine placing the muscles in the back and neck under unnecessary stress. This will tighten the muscles and lead to painful knots. Many patients even complain of consistent migraines, which is often a symptom of poor posture.

In regards to neck pain caused by poor posture, the neck habitually leans forward in front of the body rather than lining up directly with the spine. One can be looking at a person, computer screen, or television and if the neck is consistently leaning forward, there is undue stress being placed on the neck muscles.



The solution to this problem is quite simple. The first step is to make sure your head sits on the top of your spine instead of leaning forward. Gently have your head rest on top of the spine as the spine is straight. This makes for perfect posture.

Under the guidance of a **physical therapist**, we will actually train your muscles to make them stronger so that good posture becomes automatic rather than a continuous chore.

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Correcting Back Pain

Back pain is another common symptom of poor posture. Just by leaning forward and bending the back, often at the hip, the spine is misaligned and an extreme amount of stress is put on the lower back muscles. If this habit remains unchanged, then a person is susceptible to continuous back pain.

Poor posture that leads to back pain can start as a person is consistently hunched over their desk or computer. Whenever the back and spine is curled rather than straight, the muscles are being slowly strained.

At **Cross Bay Physical Therapy**, we help our patients understand why their pain is a result of poor posture and we strengthen weak muscles that keep poor posture a habit. By re-strengthening these muscles, we are helping our patients relieve their back and neck pain.

Additionally, we train our patients on what correct posture looks like and during **physical therapy**, we apply stretching and strengthening exercises that serve to support great posture making this position more natural.

Poor posture weakens the muscles in the back and neck. This means that your muscles are more susceptible to injury during a sudden increase in activity. Let's say you have poor posture and tight muscles and try a new sport, you may end up with an injury just because you have spent years in poor posture.

Cross Bay Physical Therapy can help you find the correct posture and heal from most injuries.

Call **(718) 835-0084** and schedule your evaluation today!

Joke of the Month

I forgot to post on Facebook that I was going to the gym...Now this whole work-out was a waste of time.

Recipe of the Month

Curried Egg-less Salad with Cashews and Dried Apricots

Serves: 6

No mayo, no eggs—here's a much healthier and better-tasting alternative to old-school egg salad. Scoop it on a bed of greens or enjoy it with a slice of whole grain bread.



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Ingredients

- 1 pound firm tofu, drained and pressed (see note)
- 1 (12.3 oz) package firm silken tofu
- 1 tablespoon curry powder or to taste
- 2-3 tablespoons lemon juice
- 1 orange peeled and sectioned
- cayenne pepper, to taste
- 1/2 cup chopped unsulfured dried apricots, divided
- 1/4 cup minced celery
- 1/4 cup chopped scallions
- 1/4 cup minced red pepper
- 1/2 cup currants
- 1/4 cup chopped cilantro
- 1/4 cup minced English cucumber
- chopped romaine
- 1/2 cup toasted and chopped cashews
- 6 slices (100% whole grain) bread or pitas, optional

Instructions

While the tofu is being pressed, puree the silken tofu, curry powder, lemon juice, orange juice, cayenne to taste and ¼ cup of the dried apricots in a high-powered blender until smooth. Crumble the pressed tofu into a large mixing bowl and stir in the puree. Add the celery, scallions, red pepper, currants, cilantro, cucumber and the remaining ¼ cup apricots and mix well. Cover and refrigerate for at least an hour to let the flavors mingle.

Serve on bread or stuffed into pita halves with the chopped romaine and cashews. May also be served on a bed of chopped romaine with the cashews sprinkled on top.

Note: Wrap tofu in paper towels, place something heavy on top, and let sit for 30 minutes to remove excess moisture.

Calories 361; Protein 19 g; Carbohydrates 50 g; Sugars 19 g; Total Fat 12 g; Saturated Fat 1.8 g; Cholesterol 0 mg; Sodium 148 mg; Fiber 9.1 g; Beta-Carotene 4819 ug; Vitamin C 23 mg; Calcium 140 mg; Iron 5.5 mg; Folate 89 ug; Magnesium 77 mg; Potassium 704 mg; Zinc 1.4 mg; Selenium 3.3 ug

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