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Cross Bay Physical Therapy

Flexibility, Mobility, Recovery

To improve your quality of life.



Winter 2015, Vol. 3



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Getting to Physical Therapy in the Winter Months



With all the cold, and ice we know it has been difficult for many of you to make it to all of your [physical therapy appointments](#). But we do want to encourage you to try to keep coming to your scheduled appointments if you feel it is safe to make it. With **free parking** in our parking lot next to PETCO, you need not worry about climbing over mounds of snow and ice.

Tips to help you keep on track with Physical Therapy in the Winter:

1. As always, but more so in the winter, you may want to ask a friend or a family member to accompany you to your appointment.
 2. Keep up with home exercise programs that your therapist has given you.
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Office Location

Cross Bay Physical Therapy
157-02 Cross Bay Boulevard
Suite 202
Howard Beach, NY 11414
Phone: [\(718\) 835-0100](tel:(718)835-0100)
Fax: [\(718\) 843-2233](tel:(718)843-2233)

Office Hours

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

For door to door driving directions [Click here](#).

Request an Appointment [Click Here](#).

Insurance Accepted [Click Here](#).

Follow us on



For more information visit www.CrossBayPhysicalTherapy.com

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Getting to Physical Therapy....

These are important in continued progress forward in your recovery.

3. If you can't make an appointment please let us know ahead of time so that we can open up availability to someone who would like that time.
4. We also encourage you to reschedule as soon as you cancel so that you get the next available appointment we can offer.
5. Keep positive thoughts in mind, like special events you want to feel good attending, or the fact that Spring is right around the corner and you want to be in great health to enjoy all of those wonderful activities.

Physical Therapy Treatment For Arthritis Pain



Physical Therapy has tremendous benefits to improve arthritis pain. People with arthritis normally have stiff joints largely because they are actively avoiding movement that will cause pain.

The Goal of Physical Therapy

The goal of physical therapy is to give your limbs greater flexibility and mobility as well as strengthen your muscles so that you can increase this mobility further.

With physical therapy, doing daily activity becomes much easier, you will have greater access to your body parts previously crippled by arthritis and you'll be able to do activities with much less pain.

At Cross Bay Physical Therapy, we focus on getting you back to the point where you can do normal daily activity without difficulty.

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Valentine's Day Facts



We want to let all of our patients know how much we love and care about them this Valentine's Day! And in honor of February 14th and all of the LOVE we wanted to share some things about V-day that you didn't know!

Did you know that there are actually three saints that Valentine's Day origins stem from? The Catholic Church recognizes that there were three saints named Valentine or Valentinus, all of whom were martyred.

Valentine's Day is not just a Hallmark Holiday! Hallmark didn't produce its first Valentine's Day card until 1913. This is literally centuries after the first declaration of the official holiday in 1537.

If you're missing your honey on Valentine's Day and want to say hi on the telephone, you can thank Alexander Graham Bell. It was on Valentine's Day in 1876, he applied for a patent for the telephone.

The first heart shaped box of chocolate came from Englishman John Cadbury, in 1822. We also knew that chocolate was pretty powerful but we had no idea how many MD's believed in it. Physicians in the 1800s used to prescribe patients a dose of chocolate to cure the pangs of lost love.

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Physical Therapy Treatment

Benefits of [Physical Therapy on Arthritis](#)

Here are some benefits you will gain by coming in for Cross Bay Physical Therapy:

1. Gain knowledge on the type of arthritis that you have in order to be better informed.
2. You'll learn different therapeutic methods that will help relieve pain and discomfort. We will teach you how to relieve discomfort if you experience intense pain and at particular times of the day such as the morning.
3. Various exercises that you can do at home and in the gym to be able to do more of the activities you need to without tremendous pain.
4. When to apply ice packs and heat packs during the day.
5. We show you various splints or supports that you can use to help you throughout the day. This includes what types of shoes and orthotics to wear that provide the most comfortable support system for you while walking.
6. Through a combination of exercise, stretching, and massage, arthritic discomfort will be minimized and one will gain an increased ability to move throughout the day with less pain and greater functionality of areas affected by arthritis.

We want you to WIN



Join us as we join Dr. Fuhrman's \$1000 GET HEALTHY At Home Challenge!

New Year's resolutions have come and gone. Now is the time to make the choice and commitment to transform your health in 2015! Get the support you need and the chance to win big through Dr. Fuhrman's \$1000 GET HEALTHY At Home Challenge!

[Learn more](#) about how to participate.

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Feeling Social

Find us in the world of Social Media and on our Blog for the most up-to-date information relating to our practice and your health...



Community Events and Important Winter Dates

Saturday 2/14 Valentine's Day
Monday 2/16 President's Day
Wednesday 2/18 Ash Wednesday
Thursday 2/19 Chinese New Year
Thursday 3/5 Purim
Friday 3/6 Employee Appreciation Day
Sunday 3/8 Daylight Savings Time – Spring Ahead
Tuesday 3/17 St. Patrick's Day
Sunday 3/29 Palm Sunday



....continued from page 3 **We want you to WIN**

Dr. Fuhrman and his staff want you to be successful. By entering this GET HEALTHY! Challenge you will receive:

- A complimentary Silver Membership to Dr. Fuhrman's [Member Center](#), which features close to 1500 healthy and delicious recipes, access to newsletters, webinars, online forums and more!
- Weekly GET HEALTHY! Information including tips and recipes. See GET HEALTHY! Info [Week One](#).
- Access to a Health Tracker to track your weekly progress.
- A chance to win \$1000!

[Register today](#), track your progress, and submit your success story by May 14, 2015. Winners will be announced on or about May 21, 2015.

Physical Therapy Alleviates Knee Pain

[Physical Therapy for the knee](#) is an essential part of the recovery process for [knee pain](#) and knee injuries. It helps re-align the body, strengthen the muscles around the knee, increase flexibility, and increase mobility. In some cases, physical therapy has proven just as effective as other orthodox treatments such as surgery.

Knee pain is a common experience in life. From [knee arthritis](#) to muscle tears, a knee injury has the ability to make it seemingly impossible to move around. One way to treat knee pain is through Physical Therapy.

Some stretches that you can do at home to relieve knee pain include:

Hamstring Stretch

- First lie down and loop a towel or bed sheet around one of your legs. Pull the leg straight up in the air until you feel a stretch in the back of your leg. Hold it for 20 seconds and then lower your leg. Repeat twice and then switch legs.

Some strengthening exercises that will increase the strength of the muscles around your knee include:

Straight Leg raise

- Lie down and bend both legs at the knee. Then straighten one leg and lift it slightly into the air. Tighten your thigh muscle and raise your leg higher into the air. Pause for three seconds and then lower your leg to the ground. Repeat this process for 10 repetitions and then change legs. This exercise strengthens the muscle above your knee.

The combination of strengthening and stretching exercises will give the muscles around your knee greater flexibility and strength making it easier to support the knee joint, which will decrease the pain that you feel while being active during the day. [Click here](#) to find more knee stretches and strengthening exercises.

