



Cross Bay Physical Therapy

Flexibility, Mobility, Recovery

To improve your quality of life.



Winter 2016, Vol. 4



Physical Therapy When And Where You Need It Most!

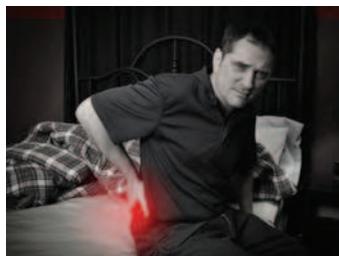
1. Back
2. Elbow
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5. Ankle



[Click here to play the video](#)

Back

Physical Therapy will help alleviate your back pain and repair back injuries. There are many causes of back injuries, and whether pain started from a trauma or a degenerative condition, it is possible to use the strategies applied in Physical Therapy to correct back pain.



One of the best treatments available is physical therapy and can often act as an effective alternative to surgery. At Cross Bay Physical Therapy, our physical therapists: who you know and love: Jeff, Frank, and Rowena have helped many patients recover from back pain. Our focus is on patient satisfaction and our goal is to not only eliminate the back pain of our patients but also make your back stronger to prevent future pain and injury.

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Office Location

Cross Bay Physical Therapy
 157-02 Crossbay Boulevard
 Suite 202A
 Howard Beach, NY 11414
 Phone: (718) 835-0084
 Fax: (718) 843-2233

Office Hours

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

Insurance Accepted.
www.crossbayphysicaltherapy.com/insurance-accepted.html

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www.CrossBayPhysicalTherapy.com

...continued from page 1 **Back**

Through the combination of exercise, stretching, and hands-on therapeutic modalities such as ice, heat, massage, ultrasound, and electrical stimulation, we guide the back's recovery process. Here are just a few simple exercises that are applied in our office to decrease back pain and loosen back stiffness:

- 1 Core Strengthening Exercises** - At Cross Bay Physical Therapy, we apply a range of abdominal exercises. By strengthening one's core, the abdomen will provide greater support and balance to the back. This includes specific abdominal exercises like crunches and leg lifts.
- 2 A Single Knee To Chest Stretch** - First, begin lying on a physical therapy table with both of your knees bent. Next place one leg flat on the ground and grab the other knee with your hand. Pull your knee toward your chest holding each stretch for 15-30 seconds and perform 2-3 repetitions.
- 3 Lunges as a Back Stabilization Exercise** - First, start in the kneeling position with your hands on your hips. Tighten the abdomen and buttocks while keeping your back in a neutral position. Raise your right foot and put it on the floor in front of you while still kneeling on the left knee. Lunge forward, moving the hips and hold a 3 count. Then, return to kneeling. Repeat this exercise 10 times and then repeat with the opposite side.

Our Physical Therapy is geared to help you from suffering from chronic back pain and back injuries. Our goal is to both eliminate back pain while also making your back stronger to prevent further injury and help you regain full mobility of your back.

Elbow

Tendonitis and other elbow injuries are often treated with physical therapy as it is one of the most effective methods to reduce elbow pain, regain mobility, and direct the healing response of the elbow. If you have an elbow injury, to correct the injury as well as re-strengthen the elbow to prevent future injuries, physical therapy is a necessary part of your recovery process.

Elbow Exercises

Here are a few examples of exercises that help your elbow recover from injury:

- 1. Elbow Flexion and Extension:**
Hold any one pound weight in your hand with the palm facing upwards. Slowly bend your elbow so that your hand approaches your shoulder. Then, gently lower your elbow once again until it is straight. Repeat 10 times for 3 sets.
- 2. Forearm Pronation and Supination Strengthening:**
Hold your one pound weight in your hand and place your elbow flat on the table with the weight hanging just off of the table. Then, slowly rotate your palm upward and then the palm downwards. Repeat 10 times for 3 sets.



These are just an example of two exercises you will do during your physical therapy sessions. All exercises should be performed after your physical therapists have demonstrated them. Physical Therapy is a proven and effective treatment method to resolve your elbow injuries.

Let your Doctor know that you would like to start physical therapy to help your joint or muscle condition. Call **718-835-0084** and schedule your evaluation at Cross Bay Physical Therapy today!

Teas for the Winter

First a Tea joke- What starts with T, ends with T and is filled with T?

A teapot!

Studies are continually finding the vast health benefits of drinking multiple cups of tea everyday. For example, a Harvard study found that those who drank a cup or more of black tea per day had a 44% reduced risk of heart attack.



One of the greatest joys during the day can be a cup of tea. A fine quality black tea not only has a small amount of caffeine that will give you a boost but also has a ton of anti-oxidants.

The question then is how should I drink my tea? There are two different ways to serve tea: loose leaf or in a tea bag. Loose leaf is loose curls of tea that you place in your own tea pot or steeper to unravel the leaves. This is the best quality of tea and the one I recommend most.

Then, there is bagged tea, which is still good but if you want to sip the best, go for loose leaf. Stores like David's Tea or Teavana stock excellent loose leaf black teas, especially from India, Nepal, and China. You will also find high quality teas in various grocery stores and even with high end tea companies that put loose leaf tea in pyramid bags for you like Mighty Leaf.

Here are my top recommendations of black tea:

1. Himalayan Gold from Nepal
2. Darjeeling from India
3. Golden Monkey from China

Any of these teas you are bound to fall in love with. Happy steeping and happy holidays!

Knee

The knee is one of those joints most likely to get injured because it takes the brunt of bending and pressure while moving. Its bend supports the body's entire weight and while the knee is supported by tendons and ligaments, a quick twist can partially tear or strain one of your ligaments and tendons.

At Cross Bay Physical Therapy, our trained Howard Beach physical therapists- Jeff, Frank and Rowena will develop a treatment plan for you that will help eliminate your painful knee condition. The combination of stretching, exercise, and hands-on physical therapy is one of the most powerful treatment methodologies in medicine. With consistent physical therapy, it is possible to not only heal knee injuries but also make the knee stronger.



Here are just a few of the exercises that we use in physical therapy to strengthen your leg and knee:

- 1 **Leg Lifts** - This exercise is great for strengthening the inside of your knee. First, lying down on a table with both knees bent, our physical therapist will strap a light weight to your ankle. Then place one leg flat on the table and tighten your leg muscles. Lift the leg slowly two feet off of the ground, hold for 3 seconds, and then gently lower the leg. Repeat 10 times for 3 repetitions on both legs.

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- 2 Wall Sits** - This is one you are probably familiar with. Once your knee can handle some weight, we will have you do multiple wall sits for 30 seconds each time. Stand straight against the wall and with your back leaning against the wall, bend your knees making a sitting position against the wall. Hold for 30 seconds.
- 3 Stretching** is also key to keeping the leg loose so that muscle doesn't become overworked. Stretches like calf and hamstring stretches are regularly applied during physical therapy.

Cross Bay Physical Therapy helps people of all ages and all walks of life treat moderate to severe knee conditions. Through physical therapy, it is possible to significantly reduce knee pain and eliminate knee conditions. In most cases, physical therapy has been proven to be just as effective as surgery.

Call **718-835-0084** and schedule your evaluation at Cross Bay Physical Therapy now!

Ankle

Physical Therapy for your ankle is one of the most effective treatments for your ankle sprain. Physical therapy can be started immediately after an injury to your ankle. It is the key to getting back to full health.

The ankle is extremely weak after a sprain and this is understandably so. The tendons and ligaments surrounding the ankle are damaged and because the ankle has to hold the entire weight and balance of your body, these weak ligaments and tendons can no longer support you well.



Chronic recurring ankle sprains are extremely common. It is said "that the most common reason for an ankle injury- is a previous ankle injury." Here is how it occurs. When you injure your ankle- your body works hard to heal itself- but often your ankle is never as strong as it was prior to your ankle injury. So it's a few weeks or months after you injure your ankle, you take a misstep and re-roll or twist your ankle. Then you have to spend an additional several weeks again healing the ankle and the re-roll may even happen again. Here is how to prevent such an occurrence:

Strengthening your ankle is one of the most important things you can do to fully heal your ankle. By strengthening the ankle and its surrounding muscles, you protect yourself against future ankle sprains. This is vital for the recovery of your ankle injury. Here are a few exercises that we implement in our office that will help strengthen your ankle. It is important to first have our physical therapists show you how to do these exercises so that you do not hurt yourself further.

- 1. BOSU Ball** - The bosu ball is an inflatable ball that has a solid base. The person with a sprain balances on the ball with one of their ankles and holds their balance for 1 minute. The ankle shakes trying to hold itself up and at the same time becomes stronger and better able to balance the body. This is one of the best strategies to strengthen the ankle.
- 2. Calf Raises** - Strengthening the muscles immediately surrounding the ankle is a great way to take pressure off of the ankle allowing it to heal faster and grow stronger. When you do calf raises, you are strengthening the support structure of the ankle. Calf raises can be done in a variety of ways and our physical therapists will guide you with this.

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