



Cross Bay Physical Therapy

Flexibility, Mobility, Recovery

To improve your quality of life.



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Weekend Warrior

The snow is starting to melt and the temperatures are starting to rise. The arrival of spring means folks are shedding winter gear and heading outside to take advantage of warmer weather. The arrival of spring also usually means more injuries for “week-end warriors.” Weekend warriors are loosely defined as sedentary folks during the week who go all out with physical activity on the weekends.



As you might imagine, it's tough on the body to stuff a week's worth of workouts into two days. Often there isn't much rest between activities and once Monday rolls around, activity subsides until the next weekend. With such an exaggerated schedule, bodily issues are prevalent. Twisted ankles, an overused rotator cuff or a pulled muscle – these are all common weekend warrior injuries. [Click here](#) to read more.

Office Location

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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](#).

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For more information visit www.CrossBayPhysicalTherapy.com

Community Events:

Two great walks in Howard Beach for two amazing causes! Help us help our community!



May 31st JDRF Walk - Ave Maria School Yard
Join our team



June 7th Relay For Life – Charles Park
Join our team

Ask The Therapist



How do you know when your injury is serious and requires a visit to a [physical therapist](#)? When faced with the onset of any ache or pain, most people take a few days off from the rigorous activity that brought on the injury. Patients are advised to think of the RICE formula that stands for Rest, Ice, Compression and Elevation to speed up healing. The injury should be iced for 20 minutes several times a day. Giving yourself a few days off is best before getting back into physical activity to see if your symptoms have gone away, or if they're still occurring.

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Is your Computer Causing a Bad Back?

Absorbed in your latest project, you're leaning forward and hunched over your computer. Without even realizing it, your shoulders have rolled forward, hiked up around the ears and your neck is drooping forward. When you finally stand up, it feels like all the muscles in your shoulders, neck and back have migrated to the wrong locations. You've got "The Computer Hunch."



Common in workers with desk jobs, it's very easy to get involved in work projects and not realize your posture is suffering because of it.continued on page 3

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Is your Computer Causing....

The good news is that resolving computer hunch is easy with a few tweaks and corrective exercises.

Evaluate your working situation because ergonomics are important. Make sure your chair is supportive of your entire back and has armrests. A place for the elbows to rest is important to keep the shoulders from rolling forward. In a seated position, your knees should be at a 90-degree angle. Scoot your chair close to your desk to prevent hunching over your workstation. Keep your monitor at eye level to prevent downward neck strain. You can place a tennis ball between your shoulder blades as a reminder to maintain good posture while sitting. [Read more.](#)

Daytona Race Shows Physical Therapy is Needed after a Bone Fracture

Although racecar driving isn't often considered a sport, considerable amounts of athletic skills are necessary to bring home a



win. In August, Tony Stewart broke his leg after a sprint-car crash. Nicknamed "Smoke," Stewart has never wavered in his resolve to get back on the track. Since the injury, he's given his leg time to heal and supplemented the healing process with physical therapy.continued on page 4

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Ask The Therapist

If the pain continues to come back after you have taken several days off, it is time to see your physician who will then send you to a physical therapist. Rest and ice often quiet the pain, but with more serious injuries, symptoms will repeatedly come back and linger. The underlying condition must be treated to find relief for many injuries. To read more [click here.](#)

Send your questions to jnann@crossbayphysicaltherapy.com

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...



Healing with Laughter



Did you hear about the guy who lost his whole left side?

He's alright now!

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Daytona Race Shows....

At the Daytona 500, Stewart estimated that his broken leg was about 65% healed. There was question as to whether he would participate in the race but he was determined to be there. Stewart [broke two bones](#) in his right leg, sustained soft tissue damage and underwent three separate surgeries. Anxious to get back to doing what he loves, Stewart said he felt more comfortable in his car than resting at home in bed. To read more [click here](#).

Falling Accidents and 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](#). Try the following [exercises to test and challenge your balance](#). [Click here](#) for exercises.

Fun "Howard Fact"

Howard Beach was established in the 1890s by William J. Howard, a [Brooklyn](#) glove manufacturer who operated a 150 acre (0.61 km²) goat farm on meadow land near [Aqueduct Racetrack](#) as a source of skin for kid gloves. In 1897, he bought more land and filled it in and the following year, built 18 cottages and opened a hotel near the water, which he operated until it was destroyed by fire in October 1907.

Source:

http://en.wikipedia.org/wiki/Howard_Beach,_Queens

Important Dates in April:

National Autism Awareness Month

1st April Fools

15th Tax Day

15th Passover Begins

18th Good Friday

20th Easter Sunday

23rd Administrative Professionals Day