



NEWSLETTER

Helping You Move Through Life
Pain-Free!

CONQUER YOUR PERIPHERAL NEUROPATHY WITH NEUBIE

From manual therapy to low-powered lasers, the team at Hands-On Physical Therapy offers several treatment techniques to help you feel your best. One piece of technology we've been especially excited about lately is the Neufit Neubie.

The Neubie is a cutting-edge electronic stimulation device that uses low-level electrical currents to re-educate your body's neuromuscular system. If you've used a TENS (transcutaneous electrical nerve stimulation) device before, the Neubie works similarly but is more potent and flexible.

Essentially, the Neubie uses electrical stimulation to activate the body's nervous system and promote your body's natural healing abilities. Want to see if the Neubie might benefit you? Call us to schedule an appointment today!

What All Can the Neubie Do?

The Neubie is a flexible device suitable for a variety of different needs:

- If you're struggling with pain, the Neubie can help reduce your symptoms, including painful muscle spasms.
- If you're recovering from an injury, the Neubie can help improve your range of motion, prevent muscle atrophy,

- and facilitate blood circulation—which helps with healing.
- If you recently underwent surgery, the Neubie can help prevent post-surgical blood clots, manage pain, and maximize your rehabilitation.
- If you have a neurological condition, the Neubie helps “train” your nerves to enhance their function, thereby reducing symptoms like loss of movement or nerve pain.

The Neubie uses pulsed direct current to promote the healing of your body's tissues. It allows Hands-On physical therapists to provide a meaningful dose of neuromuscular re-education. Treatments with the Neubie are active rather than passive. During traditional e-stim treatments, you would lie down, passively accepting the current and not moving. The Neubie actually permits movement, even at therapeutic levels of stimulation.

If you're recovering from an injury, the Neubie can help manage pain and improve functionality. If you're seeking treatment for a neurological condition, the Neubie helps “train” your nerves to enhance their function, thereby reducing symptoms like loss of movement or nerve pain.

Sources: <https://www.neu.fit/the-neubie>

HandsOn
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HOW POOR POSTURE CAUSES PAIN

Do you suffer from daily or recurrent aches and pains? Do you find your back and neck stiff and sore at the end of the day? If so, your posture may be the culprit. The physical therapists at Hands-On Physical Therapy can help determine what is causing your pain and give you the solutions you have been looking for! Too often, we stare at a computer screen, hunch over our desks, or look down at our phones. These postures stress the neck and back, especially when we are slouched, tilted forward, or looking down for prolonged periods.

The worse your posture is, the more intense your back and neck pain can become. Worse, once your body gets used to poor posture, it becomes more challenging to quickly adjust back into a proper posture. The good news is that we can help correct your posture and bring you relief before it becomes a significant problem. Our in-house diagnostics can also rule out other potential issues and let you know for certain if your posture is to blame. Call today to make an appointment.

How Posture Causes Pain

Posture refers to a person's body's position(s) in space. Prolonged postures—sitting or standing for long periods—often lead to stiffness and soreness in the back.

In the upper part of the spine, slouching can cause a forward-head posture. This, in turn, strains the neck muscles and joints, resulting in neck pain and upper back pain, and may lead to arm pain or chronic headaches. Slouching also affects the mid-back by altering the way your ribs naturally align. Over time, sitting and standing like this day after day may cause internal issues, as it creates pressure on your lungs, heart, and digestive system. The lower back is not immune to slouched posture either. Slouching posture puts increased pressure on the lumbar discs and causes the muscles in your hips and legs to tighten. This tension affects how the pelvis and spine move and often leads to lower

back pain. The most common symptom of poor posture is pain somewhere in the spine. The back muscles constantly contract to keep you upright and overcompensate when you slouch or hunch over. After a while, constant poor posture can create an unusual amount of wear and tear on the spine, increasing the risk of arthritis in the spine.

The good news is that working with a physical therapist to improve your posture with exercises is an effective way to overcome neck and back pain.

How Physical Therapy Can Help Your Posture

After years of practicing poor postural habits, your back, shoulder, and neck muscles will likely find standing or sitting with a proper posture to be challenging. Here are a few steps you can take to try and help:

- 1. Stay mindful:** If you are at a desk for extended periods of the day, make sure you sit with your spine in alignment. Make sure you scoot your buttocks to the back of the chair and sit back against the backrest of the chair. Use a lumbar support to make sure you maintain an upright position.
- 2. Take breaks:** If you are an office worker, most of the day is spent sitting behind a computer. It is vital to ensure you get up every 30-45 minutes and take a short walk, at least for a minute or two.
- 3. Exercise:** Taking the time to walk or jog around the neighborhood every day can highly improve your well-being. Exercise is essential, primarily if your job produces several hours of inactivity. Strengthening is also an effective way to reduce the risk of injury to your neck and back.

Contact Our Clinic Today

If you are experiencing pain and think it may stem from your posture, give Hands-On Physical Therapy a call today. Addressing your posture early on is the best way to prevent an issue from becoming more debilitating!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/> • <https://pubmed.ncbi.nlm.nih.gov/31789300/>

Call today for a **FREE CONSULT** to see if our Neubie can help relieve your symptoms: **888-261-0164**

CALL A CLINIC NEAREST TO YOU

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REVIEWS

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HOLIDAY RECIPE

MINI HEART-SHAPED NAAN PIZZA



Ingredients:

- 8 mini naan flatbreads
- 1 cup pizza sauce
- 1 1/2 cups shredded mozzarella cheese, or more to taste
- 40 slices pepperoni, or more to taste

Directions

Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with foil for easy cleanup. Use a 4 to 4 1/2-inch heart-shaped cookie cutter to cut each flatbread into a heart shape. Place flatbreads on the prepared baking sheet, evenly spread the pizza sauce on each, and sprinkle with mozzarella. Cut each slice of pepperoni into a heart shape using a mini heart-shaped cookie cutter, if desired, and place on top of mozzarella. Move the baking sheet to the oven, and cook until cheese is melted and crust is golden brown, 9 to 11 minutes. Serve hot.

DO YOU KNOW THE SIGNS OF A HEART ATTACK?

According to the National Library of Medicine, an estimated 16.3 million Americans aged 20 and older have coronary heart disease (CHD). The symptoms of CHD include heart attacks and chest pain. In the United States, 7.9 million individuals have suffered from heart attacks, and 9 million have experienced chest pain. Below are the most common signs of a heart attack. Familiarize yourself with these to protect yourself and loved ones.



dizziness



feeling of fear
panic attacks



chest pain



dyspnea



pallor of the skin



excessive sweating



weakness



nausea, vomiting

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