

## Welcome



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## Arthritis Pain “I Can’t Take It Any More!!!”



Arthritis is an awful degenerative condition that affects millions of Americans each year. At Cross Bay Physical Therapy, our goal is to significantly improve your mobility and reduce pain of arthritic joints whether it is your shoulder, elbow and hand, hip, knee or ankle and foot. We want to make sure your daily life is as pain free as possible and the activities that you love are still accessible to you.

Through a combination of **Hands On** strengthening, stretching, and therapeutic modalities such as ice, heat, massage, and electrical stimulation, we help you or a loved one reduce the pain of arthritis. In many cases, as the joint worsens, you may use it less because of the pain. This causes a spiral into immobility and continued pain because by supporting the joint's weakness, it will only become weaker and more painful.

This is where we come in! Applying Physical Therapy to degenerating joints not only helps reduce your pain but also slows down the degenerative process. Our trained Doctors Of Physical Therapy will develop an individualized plan for you. Here are types of exercises that are utilized to increase the mobility of a damaged joint:

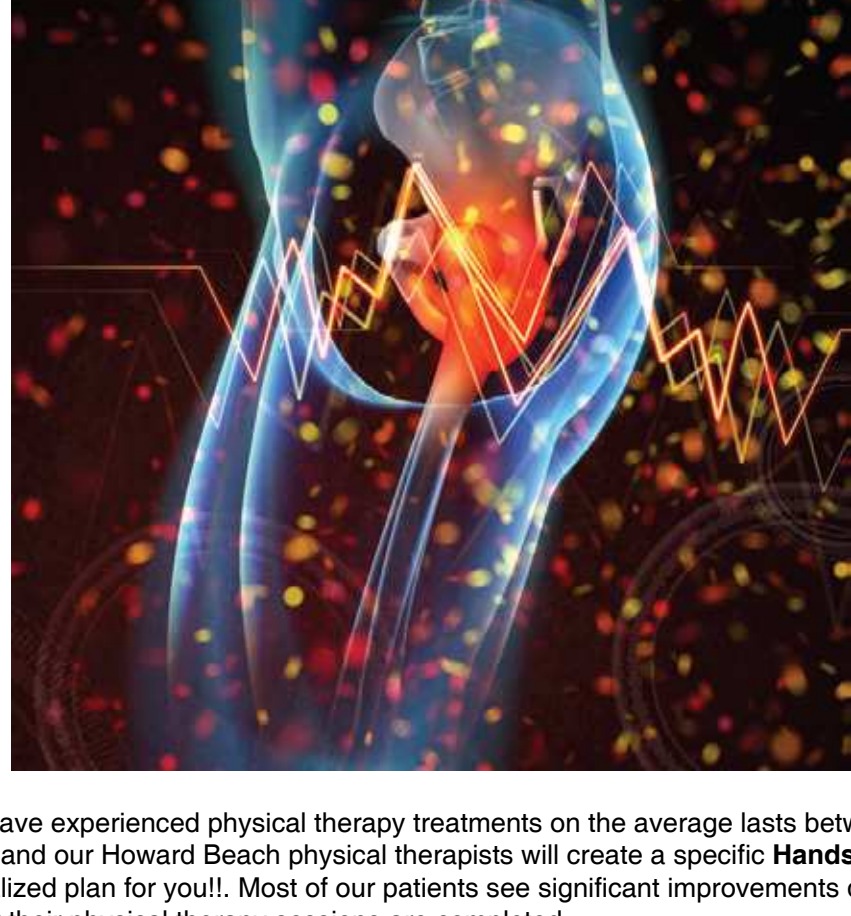
1. **Neck and back exercises to build strength**
  1. This may include various stretches that support arthritic joints and keep stress off of them.
2. **Low impact aerobic activities**
  1. These activities help to keep the lungs and circulation systems in shape. Popular activities include walking, cycling, and water therapy.
3. **Range of motions exercises**
  1. These types of exercises relieve stiffness and keep the areas loose maintaining normal joint motion.

It is important to note that you should only engage in the above exercises after consulting with one of our physical therapists. It is also possible that more than just the joint is damaged, and special physical therapy techniques will be used to make your surrounding tissue healthier and stronger.

We respect our relationship with you and look forward to helping you not only alleviate the pain of your arthritis but also helping you understand your condition better.

**Call Us Today To Schedule Your Or Your Loved Ones Evaluation (718) 835-0084**

## Cutting Edge Hip Physical Therapy



As you have experienced physical therapy treatments on the average lasts between 6 to 8 weeks and our Howard Beach physical therapists will create a specific **Hands On** individualized plan for you!! Most of our patients see significant improvements during and after their physical therapy sessions are completed.

Physical Therapy is used in all sports by injured athletes because it helps to rehabilitate the damaged area stimulating both muscle gain and flexibility. Injuries can occur in all used and overused joints. The hip and knee are commonly injured in sports play. Equally so these joints commonly get worn out with wear and tear arthritis.

**Here are a few examples of hip exercises that re-strengthen the hip after injury or wear and tear:**

1. **Single Leg Step-Up** - During this exercises, you will stand on an elevated surface with one foot letting the other straight leg hand off. Step off of the elevated surface and then step on. Repeat for recommended number of sequence. Make sure to perform all of your hip exercises under the guidance of our physical therapists to ensure safety.
2. **Hip Flexion** - This simple exercise involves standing and marching in place. You can support yourself with a stationary object for balance. Repeat the recommended number of sequence.
3. **Heel Slide** - Lying down on your back, bend one knee and gently slide the heel of your injured leg toward your body in one movement. Always remember to keep your knee in line with your body. Repeat for the recommended number of times.
4. **Ball Squeezes** - Lying on your back with both feet on the floor, your physical therapist will place a large or small inflatable ball between your knees. Simply squeeze the ball with both knees for the recommended number of times.

With hip injuries, there may be many causes. The cause may be posture, a weak low back, weak abs, or even incorrect foot wear and foot pain. As physical therapists, we figure out the cause of your hip pain and then remove this cause. By both removing the cause and actively helping the hip to heal, we are confident that you will feel better within days if not weeks.

**If you or a loved one are having hip discomfort- call today to schedule your evaluation (718) 835-0084**

## News About Knee Physical Therapy

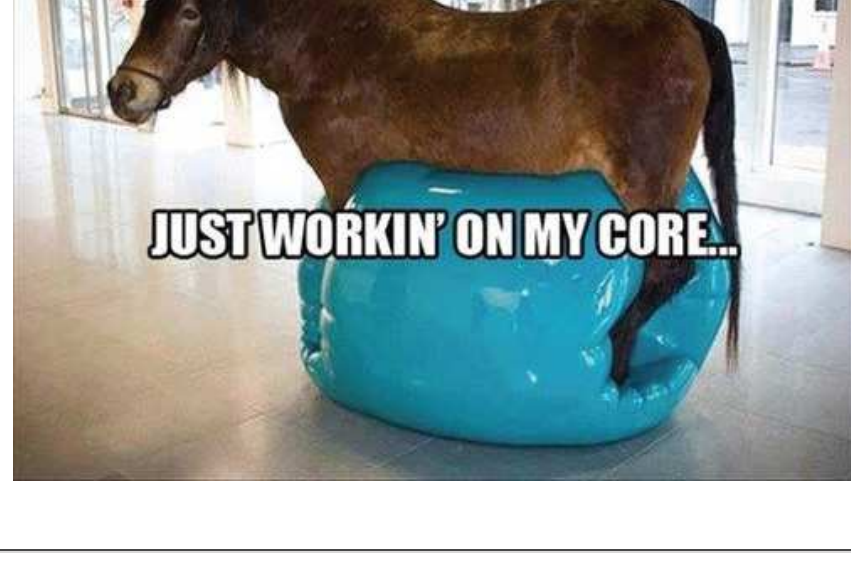


Our goal in knee physical therapy is to make your knee stronger so you can do any activity you wish without worrying about pain. Here are a few exercises that help strengthen the knee and its surrounding muscles:

1. **Leg Lifts** - Lying down on a mat or a table; bring one knee up so your foot is flat on the floor. With the other leg, tighten the muscles surrounding the knee and lift your leg up slowly one foot off of the ground. Then, slowly lower the leg until it is one inch off of the floor. Do 10 repetitions and 3 sets.
2. **Ball Squeezes** - Lie down on a floor or a mat and place an inflatable ball between your knees. Squeeze the ball and hold for 3 seconds, then release. Repeat for 10 repetitions and do 3 sets.
3. **Side Leg Lifts** - Lying down on your side, let one leg fall in front of the other. Then, lift the foot toward the ceiling squeezing your hip and butt muscles. Lift your leg about 1 and a half feet off the ground while flexing your butt and hip muscles. Repeat for 10 repetitions and do 3 sets.

Our physical therapists will create specialized physical flexery for you or your loved one after a full examination to understand the causes and symptoms of the knee injury. Then, with additional massage, icing, heat, ultrasound, and tens stimulation, your knee will become healthier and stronger.

**Our Physical Therapy Specialists are Waiting to Take your Call To Schedule Your Evaluation at (718) 835-0084**



## Therapist Jeff’s Easy Breakfast Casserole

Prep time: 25 mins Cook time: 25 mins Total time: 50 mins  
 Serves: 5-6

### Ingredients

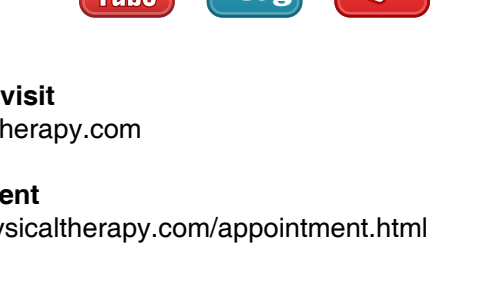
- 2 tablespoons fat of choice (coconut oil or butter or ghee, etc.), melted
- 1 large sweet potato or yam, diced
- ½ teaspoon fine sea salt
- 1½ pound breakfast sausage
- ½ yellow onion, diced
- 2 cups chopped spinach
- 10 eggs, whisked
- ½ teaspoon salt
- ½ teaspoon garlic powder

### Instructions

1. Preheat oven to 400 degrees. Grease a 9x12 baking dish.
2. Toss diced sweet potatoes in fat and sprinkle with salt
3. Place sweet potatoes on baking sheet and bake for 20-25 minutes, until soft.
4. While sweet potatoes are cooking, place a large sauté pan over medium heat. Add breakfast sausage and yellow onion. Cook until no pink remains in meat.
5. Place meat mixture in baking dish, add sweet potatoes and spinach then add eggs along with salt and garlic powder and mix until well combine.
6. Place in oven and bake for 25-30 minutes, until eggs are set in the middle.

*Recipe by PaleOMG - Paleo Recipes at <http://paleomg.com/easy-breakfast-casserole/>*

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**Insurance Accepted only in Howard Beach office.**

## Our Office

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

## Office Hours

Monday: 08:00am - 07:00pm  
 Tuesday: 08:30am - 08:00pm  
 Wednesday: 08:00am - 07:00pm  
 Thursday: 08:30am - 08:00pm  
 Friday: 08:30am - 04:30pm  
 Saturday: Closed  
 Sunday: Closed