

EMPIRE

Sports Physical Therapy and Rehabilitation

Be Physical.

Move Forward.

Live Well.

Office Hours

Monday: 7am – 8pm

Tuesday: 12pm – 8pm

Wednesday: 7am- 5pm

Thursday - 12pm – 8pm

Friday: 7am – 5pm

Saturday: By Appointment Only

Important Dates

Continuing our commitment to the Clarkstown Community, we at Empire Sports Physical Therapy are pleased to announce our **Community Lecture Series**.

All upcoming Lectures will take place at our facility at 15 Lake Ridge Plaza, Valley Cottage.

See below for upcoming Fall dates, times and topics :

***Wednesday Oct. 10th @ 7pm –**
Computers are a Pain in the Neck

***Tuesday, Nov. 13th @ 7pm –**
Low Back Pain

***Tuesday, Dec 11th @ 7pm –**
Using the Gym to Reach Your Goals

Fall Sport Injuries: *How to spot a concussion to prevent further damage*

As the kids head back to school and Fall sports and activities are in full swing, our focus as parents and guardians shifts to the health and safety of our children. Sports and activities like Football, Soccer, Hockey, Gymnastics and Cheering keep the kids happy and active but also come with the risk of injury and the possibility of a concussion. It is our job as parents, guardians, coaches and athletic trainers to be vigilant in the diagnosing and treatment of a concussion.

As defined by the CDC, “a concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.”

When a concussion is suspected, seek immediate medical attention to accurately diagnose the concussion and follow treatment protocol.

While treatment protocol is important, it is paramount for the child to not return to sports or activities until symptoms are completely gone and they are re-evaluated by a healthcare professional with expertise in treating concussions.



After concussion symptoms resolve and prior to returning to a sport or an activity, your child’s doctor will explain the need to participate in a gradually progressive concussion exertional protocol, which usually lasts about 5 to 6 days. Each day is designed to provide exercise that is

progressively more challenging in exertion and intensity. When your child completes all levels without symptoms recurring, he or she will then be cleared by the doctor to return to their sport of activity.



Concussion Signs and Symptoms

Recognizing the signs and symptoms of a concussion is paramount to the mental health of our young athletes.

Here are some of the signs and symptoms to be watchful for after a fall or hit.

- *Loss of Consciousness*
- *Headache*
- *Nausea*
- *Vomiting*
- *Sensitivity to Light and sound*
- *Dizziness*
- *Decreased Reaction Time*
- *Blurred Vision*
- *Confusion*
- *Reduced Coordination*
- *Slowed speech*

Fall into Fitness: Tips to keep your fitness goals on point and stay moving during the busy Fall season

As the weather gets cooler and school schedules, fall sports, dance classes and play rehearsals seem to take over your weekly calendar, keep in mind that finding a 30-minute pocket of time to exercise each day is not only good for your physical well being but for your mental and emotional state as well. Exercise can relieve stress, help you focus on tasks as well as continue helping you crush your exercise goals.

It is important for you to take care of yourself and creating those small pockets of time is the best way to keep you mentally fit, physically strong and emotionally balanced.

While it seems next to impossible to carve out time to exercise with all the family and work obligations, try to keep these few tips in mind this Fall and exercising won't seem like a chore but an enjoyable part of your day.

Take Advantage of the Weather: Fall is a treat for the senses. The smell of the crisp air, the beautiful colors of the fall foliage. Take advantage of the cooler weather by going for a run or walk outside, or do a hike with the family

Think Outside the Box: Sometimes we fall in an exercise rut and we need to switch things up. Fall begins many new class schedules at your gym. Check out the new class schedules and find one that works for your exercise level and your time.

“Actively” Watch TV: Fall means all your favorite shows are back! If you didn't get a chance to work in 30 minutes of exercise that day, instead of sitting and watching – actively watch your show by jogging in place, standing lunges or even triceps dips off the couch. The time will go by fast because you are engrossed in your show and you will have gotten your daily exercise in to boot!



Rejuvenate Yourself: Get a massage after your run or workout. Learn to mediate, even if it is 5 minutes a day.

Take an art or music class. Do something to make you feel good not only physically but mentally, emotionally and spiritually as well.

Find Your Own Motivation: Committing to your own motivation and goals allows you the room to create challenges for yourself. The more you challenge yourself, the more you will progress.