



NEWSLETTER

Proudly Supporting Our Community

SMITHTOWN & RIVERHEAD

5 Tips for Safety Outside During Any Winter Activity:

- Wear multiple, breathable layers that can insulate your body and be removed as needed.
- Warm up cold muscles with some light exercise or stretching.
- Stay hydrated by taking frequent water breaks.
- Don't push yourself during "one last run" when you're already tired.
- If you do get injured, call us to schedule a visit & follow the **P.R.I.C.E. recovery protocol** to get you through until your physical therapy appointment:

Protection is meant to prevent further injury. For example, an injured leg or foot may be protected by limiting or avoiding weight-bearing movement through the use of crutches, a cane, or hiking poles. Partially immobilizing the injured area by using a sling, splint, or brace may also be a means of protection.

Rest & restrict or slow down movement to avoid further stress to the injury & allow for healing.

Ice applications can be used safely in cycles of 10-15 minutes on followed by 1-2 hours off to reduce swelling & decrease pain. Be sure to protect your skin from the cold with a paper towel or cloth under the ice-pack before placing it on your injury.

Many Heartfelt Thanks!

The kindness & generosity of our patients & staff at *Physical Therapy & Beyond and Healing Hands Massage Therapy* continues to amaze us & warm our souls! This year, we teamed up with **Santa** to provide the families of **Lighthouse Mission** with warm clothes, toys & gifts to help make sure their Christmas was special & full of hope!



Thank you again for your kind support in spreading & sharing our good fortunes within our community. Without you, we wouldn't have been able to donate such an abundance of happiness, love & hope!

We are humbled by those who made this annual event such an incredible success & will continue this tradition because, as we all know, it is in the giving that we receive such happiness & fulfillment. We are ever so grateful for the community & connection which keeps us all strong!

Thank You Deeply for Sparkling Your Light!

Wishing You a Wonderfully Happy & Blessed New Year & Raising Our Glasses to



of Success & Service in Our Lovely Community!

Start 2023 On a Positive Path with a Rejuvenating Massage!

We Offer a Variety of Indulgent Treatments & Openings are Still Available in Smithtown on Thursday Mornings & Friday Afternoons!

Bookings Fill Fast So Please Call Us Today to Schedule Your Massage Session at



Pain is Personal, But Treating Pain Takes #TeamWork!

Avoid Addictive Opioids while the choice is in your hands!

When it Comes to Your Health, You Have a Choice. Choose More Movement & Better Health!

Our Knowledgeable & Caring Staff Would Love to Help You!

Talk to us about how we can apply Physical Therapy as a safe alternative for your optimal healing, recovery & overall well-being!

Your Improved Health is Our Top Priority!

#ChoosePT

59 Landing Avenue, Suite 4
Smithtown, NY 11787
(631) 361-5111

20 West Main Street, Suite 102
Riverhead, NY 11901
(631) 941-3535