



NEWSLETTER

Proudly Supporting Our Community

SMITHTOWN



Tele-Health "Zoom-Visits" Available!

If you're in need of Physical Therapy,
Evaluation or a Follow-Up,
please be sure to ask us about your

~ Tele-Health Zoom Appointment Options! ~

We may be able to assist you "remotely" if you're away at college, on vacation, or have limited transportation. We can assess your situation & advise on safe self-care via a zoom video call anywhere from Montauk to Manhattan!

Simply reach out to inquire & schedule an e-visit !

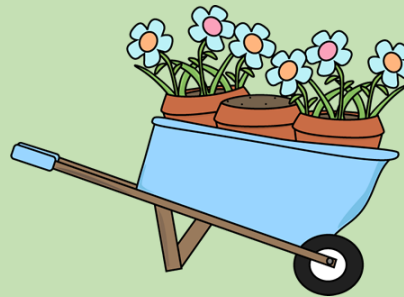
GROW WITH US! WE'RE HIRING!

We are looking to train dynamic people for our team! Someone who is smart, personable, a detail-oriented problem solver & all-around customer service champion would fit the bill!

We are aiming to fill these positions
Part-Time with potential for
Full-Time with Benefits:

- ~ Front Desk Receptionist ~
- ~ Physical Therapist~
- ~ Physical Therapist Aide / Scribe ~

Please submit your resume & questions!
Email: Cindi@PTBeyond.com
Phone: (631) 361-5111 ext. 12
Fax: (631) 366-2536



GARDEN POSTURE TIPS

- ⚙️ **Bend at your hips, not your back.** Keep your lower back curve intact & bend at your "hip hinge". Rounding out the lower back can weaken it & create pain & postural deformities.
- ⚙️ **Work close to your project.** Instead of reaching to work, kneel in the dirt or use kneepads. Or, try raised garden beds! Being closer to picking, seeding & weeding shortens the distance, decreasing the amount of force to your lower back.
- ⚙️ **Take breaks.** Water breaks, stretch breaks, throw the ball to the dog breaks. Break it up! Allow your body to relax from the repetitive motion injuries that can occur when gardening.
- ⚙️ **Get help.** Disperse the workload & don't try to do everything yourself. Ask a friend or neighbor for a helping hand to dig, lift heavy objects or push loaded wheelbarrows.
- ⚙️ **Look up.** Gardening requires a forward-flexed head position, which creates tension in the neck, upper back joints & muscles. Look up as much as you can to help prevent neck issues!

WE'RE SO PROUD to be FEATURED in the Times Beacon Arts & Lifestyles SALUTE to WOMEN!

Physical Therapy & Beyond, Healing Hands Massage Therapy, & Beyond Scoliosis are all privately owned by Cindi A. Prentiss.

With 37 years of experience as a NYS licensed Physical Therapist, Cindi is certified in the McKenzie Spine & Schroth Scoliosis methods. Cindi is also a licensed massage & myofascial therapist. (Scars are her passion!) Her reputation as a compassionate expert in her field makes her an active community opinion leader.

Cindi offers personalized, comprehensive programs, including hands-on care, in her professionally equipped Smithtown location, designed to empower patients as they regain confidence & control of their lives. Our priority is to ensure a patient's comfort, well-being & recovery.

Follow us on Social Media!



@PTBeyond



Cindi A. Prentiss, MBA, PT, OCS, Cert. MDT, Cert. SST, Cert. SEAS, LMT

What pivotal moments shaped your path to success?

"The pain I experienced during my first pregnancy prompted the origination of the Pregnancy & Back Program I created in 1994. Once we successfully treated moms-to-be with this program, their postpartum pelvic floor issues forced the "birth" of the Women's Health Program at PT & Beyond."

59 Landing Avenue, Suite 2
Smithtown, NY 11787
(631) 361-5111

CindiPrentissPT.com