


Monday, May 4, 2009

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## METROFIT Health & Wellness Division

In an effort to meet the growing needs of the community, we have developed **METROFIT™** a health and wellness division to compliment your active lifestyle. We offer [nutritional services](#) & [natural supplements](#), an [online store](#)- featuring rehab items used during your sessions, along with a wide array of fitness and yoga classes to suit your schedule.

Please feel free to visit our site @ [www.metrofitonline.com](http://www.metrofitonline.com)

*"I have recently completed two months of treatments at Metro SportsMed- 263 7<sup>th</sup> Avenue. My medical problems involved severe bilateral degenerative joint disease of both hips. My personal physician recommended that I try physical therapy and he would later evaluate the results.*

*I had some reservations, because of the severe pain that I was experiencing and was somewhat pessimistic. I had some difficulty believing that therapy might be able to improve degenerative problems. In any case, I enrolled in the Metro SportsMed facility and was assigned to my therapist, Ms. Dina Shah for approximately two months.*

*In a very short time, I became aware how fortunate I had been to have Dina as my therapist. She is a very intelligent, caring, and dedicated individual. She explained, in detail, what each exercise was designed for and what parts of the body were involved. She had extreme patience with my hearing difficulties that certainly had to make her job more difficult. Each day I had noticeable improvements in my overall physical condition and diminishing pain. In fact, I have now progressed to the point, that I am able to play golf once again. I fully realize that my degenerative condition will ultimately result in future problems. However, thanks to Dina, she has given me my quality of life.*

*Dina is a true professional with leadership and organizational skills. She is one of those individuals aware of the importance of "taking that extra step".*

*I would also like to congratulate the fine Staff assembled in the Metro SportsMed operation. Each and everyone went out of their way to be most helpful and friendly. I have already recommended the Metro SportsMed facility to several people and will continue to do so."*

Sincerely,

Arthur H.  
Brooklyn, New York



**METRO SPORTSMED®**  
Physical & Occupational Therapy

## Chronic Pain

If you're experiencing chronic pain, you're not alone; over 86 million Americans are affected by this debilitating condition. The **METRO SPORTSMED®** Physical and Occupational Therapy Team would like to present to you information on the causes and treatment for chronic pain syndromes.

Thank you for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team  
[www.metrosportsmed.com](http://www.metrosportsmed.com)  
718.METROSPORTSMED  
718.638.7677

## Coping With Chronic Pain: What It Is and How Physical Therapy Can Help

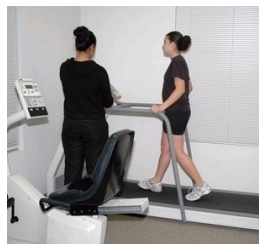
There are two basic types of pain: acute and chronic.

- *Acute pain* is short-lasting, typically going away as soon as your body heals itself.
- *Chronic pain* lasts for over 6 months after the injury has healed. It's described as "a pathological process that causes continuous pain" or pain that recurs at regular intervals for several months or even years.

Many chronic pain sufferers have no idea what causes their pain and suffer weeks or months in silence. Because of this, low self-esteem, anger and depression often coincide with physical discomfort in a combination that can severely inhibit your daily activities.

**Fibromyalgia** is a common chronic pain condition that includes pain in your muscles, ligaments and tendons; fatigue and tender joints that experience pain upon even slight pressure. Fibromyalgia isn't life-threatening, and your symptoms will often vary. They may get worse with strenuous activity, stress, and weather changes, among other factors. Unfortunately, the symptoms of fibromyalgia will probably never disappear completely.

Other chronic pain conditions include chronic fatigue syndrome, and arthritis.



to your brain.

As many sufferers know, chronic pain is often resistant to medical treatments. The key to relief is **effective pain management**. The **METRO SPORTSMED®** Physical and Occupational Therapy Team will help you to learn stretching and strengthening exercises, along with low-impact aerobic exercises like walking, swimming, and biking, to help ease your pain. In addition to strengthening your muscles, which helps to prevent further injury and pain, regular exercise that is approved by your physical therapist releases endorphins into your bloodstream. Endorphins are natural chemicals that improve your mood while also blocking the signals of pain that are being transmitted

## Your Lifestyle May Impact Your Pain

**Pointers to help manage your pain levels:**

- Get regular night-time sleep and avoid daytime naps.
- If you're a smoker, the nicotine in your cigarettes could diminish your medicine's effectiveness – so STOP smoking!
- Stress can actually intensify pain. Experts say that "negative emotions like depression, anxiety, stress, and anger can increase the body's sensitivity to pain. By learning to take control of stress, you can find chronic pain relief." Listen to soothing music to change your frame of mind, making it easier to live with the pain.

If you're not sure which activities make your condition worse, consider tracking your activities and corresponding pain levels each day for at least a week. Not only will this help your doctor and physical therapist assess your recovery, but it will also alert you to the activities that should be avoided. Every little thing matters, and should go a long way towards helping you manage your pain.

## How Physical Therapy Can Help..

While there is no single cure for chronic pain conditions, physical therapy at **METRO SPORTSMED®** will help ease the pain, decrease stiffness and fatigue. Our Team of



**ProStim® 3000 Digital TENS** (*large picture*) No complicated controls to learn, so your standard protocol can start with just one press of the button. Full featured, dual-channel unit has large, easy-to-read LCD with large button control panel. Choose from two waveforms and five operation modes. Adjustable pulse rate and widths. Lock mode prevents accidental change of treatment parameters. Unit also includes low-battery indicator, countdown timer, automatic shut off and belt clip, carry case, four ProStim Electrodes, one 9V alkaline battery, two pairs of lead wires.

specialists can provide deep tissue massage, ice/heat packs, and electric stimulation in addition to muscles strengthening, flexibility, and endurance exercise to boost your lifestyle.



We work closely with you to design a treatment program specific to your needs.

**A WORD OF CAUTION:** Exercising too much, or not enough, can severely hinder your recovery progress. Following our advice is imperative to a quick, healthy recovery. Call us today to discuss your specific condition and the best treatment for you:

718 METRO SPORTSMED (718 638 7634) or visit us online @: [www.metrosportsmed.com](http://www.metrosportsmed.com)

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### **FREE LECTURE: BACK PAIN & ARTHRITIS**

Date: Thursday, May 7th  
Time: 7:00-8:00 pm  
Place: **METRO SPORTSMED** 263 7th Avenue Suite 2A, Bklyn, NY. For more information please contact: [jsheinberg@metroportsmed.com](mailto:jsheinberg@metroportsmed.com)

REFRESHMENTS WILL BE SERVED

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**Metro SportsMed Physical and Occupational Therapy** 263 7th avenue, suite 2A Brooklyn NY 11215

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