

# 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

\**March 29th* – MLB Opening Day

\**April 7th* – **Throwing Injury Prevention Clinic @ Empire Sports Physical Therapy**

\**April 14th* – New City Little League Opening Day 8 :00am @ Zukor Park

\**April 14th* – Nyack/Valley Cottage Little League Opening Day 9 :30am @ Liberty Elementary

\**April 14th* – Congers Little League Opening Day 10 :00am @ Hemlock Field

\**April 14th* – Clarkstown South vs. Nyack HS @ Boulders Stadium 4 :30pm

\**April 27th* – Siegreist Memorial Tournament at Nyack HS 7:30pm

## Youth Baseball: *Developing Strength and Avoiding Injury*

The days are starting to lengthen, and the weather is warming up. Soon many parents across the country will be enjoying weekends full of youth baseball practices and games, the cheering, the team spirit and the camaraderie of the families. Baseball season is an enjoyable one, until, that is, one of the players gets hurt.

Running the bases, hitting, fielding and throwing are all integral parts of the

game, and when young players are lacking strength in certain areas, injuries can occur.

Making sure your young player stays healthy and strong is important to getting through the season injury free.

These tips serve as a quick reminder on what to do with your young athlete this upcoming season:



- Stay strong by doing core, shoulder and leg exercises. Engaging different muscle groups is the most effective way to stay strong in a well-rounded way.
- Taking care to use proper mechanics when throwing.
- Taking care to stretch out your arms, shoulders, legs and hips.
- Take the time to warm up before practice and games.
- Get proper rest, not only a good night's sleep but also resting the parts of the body that are used repeatedly, like pitchers.
- Adhere to Little League Baseball's pitch limits and rest recommendations.
- Perform the "Throwers 10" exercise program
- If your child has pain with throwing, please have it evaluated by a medical professional

Limiting injuries and increasing safety will make baseball more enjoyable for you and for your child. By missing a game to have the injury evaluated or to rest as required by the doctor can save the rest of the season.

***For more information, attend our Throwing Injury Prevention Clinic sessions on Saturday, April 7th at 1:00pm, 1:30pm and 2:00pm. Call 845-675-8444 to reserve your spot.***



## *Get Up, Get Out and Get Moving in Rockland!*

Being cooped up all winter can start to drive us crazy! So, when the weather starts to warm up and the days start getting longer, we can't wait to get up, get out and enjoy the fresh air.

Here are some things you can do to get active this Spring around Rockland:

- Take a hike at one of the many State Parks in the County like Tallman Mountain State Park, Bear Mountain, Blauvelt State Park or Hook Mountain State Park
- Play a game of tennis at the Open Courts in Orangeburg.
- Go for a bike ride or have a family picnic at Rockland Lake or Congers Lake
- Get a round of golf in at Blue Hill, Spook Rock, Rockland Lake or Patriot Hills golf courses.

## **Watch Your Garden Grow: *Gardening Tips to Keep Your Back Strong and Healthy***

Whether you love to plan and tend to your garden by yourself or it is a family tradition to grow your garden with your children or grandchildren this part of our newsletter is for you!

This section is for all the garden enthusiasts out there who have been carefully planning their lush gardens since the bitter cold winter days of January and February. As soon as the weather starts to show the first signs of Spring, you can't wait to get out there and start weeding, pruning and getting your beds ready. But when you haven't been bending and stretching and tending to your garden all winter long, you may be at a higher risk for a back injury.

- Proper posture is important. Remember to lift with your legs, not your back. Always square up to what you are lifting and keep a straight spine while bending at the hips. When you twist while lifting it puts excess pressure on the spine and can lead to a back injury. Stand up often to counteract all the bending.
- Anytime you can push vs. pull will reduce back strain. Using a wheelbarrow to transfer heavier items is a good idea. Don't be afraid to break things down into smaller loads to get the task done with less stress on the body.
- Use lightweight tools
- Avoid using a heavy watering can which can cause poor posture when carried. It would be great to invest in additional lengths of hose for watering your garden.
- Consider making raised beds to reduce the necessity of bending or reaching too far for planting and weeding.
- Using specialty tools like a kneeler or mobile gardening bench to keep your body more comfortable close to the ground.
- Remember to take frequent breaks and stay hydrated, especially during the heat of the summer months.
- Listen to your body! If you start to experience any pain, stop and change positions, taking care to use good postural habits.
- After gardening, consider taking a walk or doing some light stretching to reduce the delayed onset of muscle soreness.
- If you are experiencing any orthopedic aches or pains in your back, shoulders, knees etc., make an appointment to see a physical therapist and get an evaluation to get to the bottom of the musculoskeletal issue.

