



WELCOME TO OUR

# Monthly Newsletter



November



Hello, APX community! As we 'run' into November, we're focusing on everything running-related. With marathon season in full swing, it's time to spotlight running health, injury prevention, and recovery strategies to keep you on the road, track, or trail. Whether you're training for a race or just looking to stay active and healthy, APX Sports Medicine is here to support your journey every step of the way!"



In this newsletter you will find:

Health Tip, Blog Update, and more. Keep Reading!



## Monthly Health Tip

### **Protect Your Joints in Cold Weather**

As temperatures drop, joint pain can increase. Here are quick, actionable steps to keep your joints healthy this November:

1. Warm Up – 5-10 minutes of movement before activity reduces stiffness.
2. Layer Up – Dress warmly; consider compression sleeves.
3. Stay Hydrated – Aim for 8 glasses of water daily.
4. Cross-train with Low-Impact Exercises – Try cycling or indoor workouts to reduce strain.
5. Stretch Regularly – Morning and evening stretches improve flexibility.
6. Eat for Joint Health – Include salmon, greens, and turmeric.
7. Get Help if Needed – For persistent pain, consult a specialist.

Stay proactive to keep your joints comfortable and resilient throughout the cold season!



## Wishing Our Runners Good Luck!

To all the runners gearing up for races this season, good luck! We know the dedication it takes to reach the starting line, and we're here to support you every step of the way. Whether you need help preparing for race day, managing any pre-race pains, or recovering afterward, APX Sports Medicine is ready to help you recover faster and perform better. You've got this!

## Accelerate Your Running Recovery with PRP Therapy

Runners know that injury setbacks can be frustrating, but PRP (Platelet-Rich Plasma) therapy offers an advanced, natural approach to recovery. PRP injections use your body's own healing properties to target injuries like tendonitis, plantar fasciitis, and other common running-related issues. At APX Sports Medicine, we perform ultrasound-guided PRP injections to ensure precision and effectiveness, helping runners get back to the miles they love, faster and stronger. If you've been struggling with a lingering injury, consider PRP as a personalized solution to support your recovery and long-term performance.



## Our Latest Blog Post

### COMMON RUNNING INJURIES AND HOW TO PREVENT THEM

Running is a fantastic way to stay fit, relieve stress, and boost cardiovascular health. However, it's also a high-impact activity that can take a toll on your muscles, joints, and bones. Unfortunately, running injuries are common, especially among those who increase their mileage or intensity too quickly or lack proper form and strength training. In this post, we'll cover some of the most common running injuries, their causes, symptoms, and, importantly, how to prevent them.

[READ FULL POST HERE](#)



As we move into the holiday season, we want to take a moment to express our gratitude for all the early support from our incredible patients and community. Thanks to you, APX Sports Medicine has grown rapidly, allowing us to expand our services and reach more individuals dedicated to living an active, pain-free life. Your trust in our care drives us every day to provide the best possible sports medicine experience, and we're excited to keep growing together. Thank you for being a part of the APX journey!

Warm regards,  
Dr. Vincent Marchese

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