

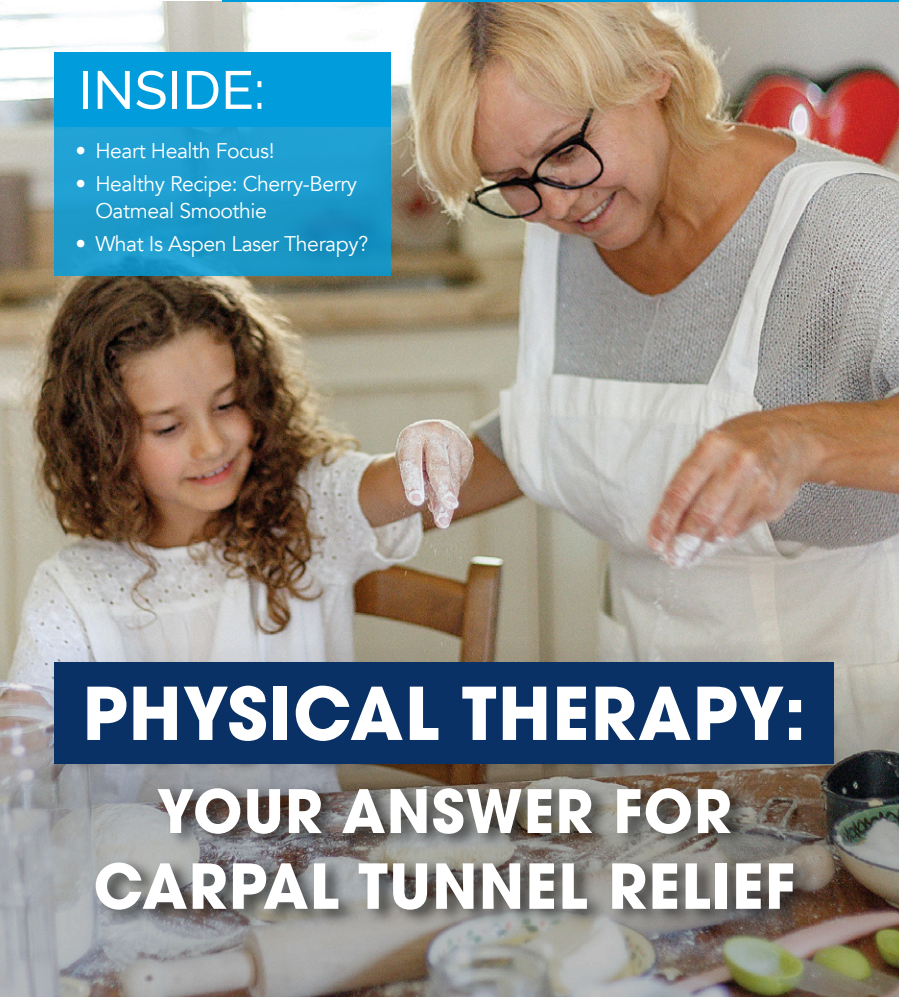


FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

INSIDE:

- Heart Health Focus!
- Healthy Recipe: Cherry-Berry Oatmeal Smoothie
- What Is Aspen Laser Therapy?



PHYSICAL THERAPY: YOUR ANSWER FOR CARPAL TUNNEL RELIEF

Visit our new web address at www.fyzical.com/bella-vista



FYZICAL®
Therapy & Balance Centers



DID YOU KNOW...

In Arkansas, You Have Direct Access to Physical Therapy!

- **YOU DON'T NEED A REFERRAL OR TO SEE YOUR PHYSICIAN FIRST.** Waiting for a referral from your physician could take 2-3 weeks. Make an appointment with FYZICAL® today to get the help you need and find relief fast.
- **YOU CAN CHOOSE WHERE YOU WANT TO RECEIVE THERAPY** when referred by a physician. Research shows that patients receive more care at a privately-owned physical therapy clinic than a hospital or physician-owned clinic.

Whether you want to come in for a check-up, suffered a recent injury, or you want to improve your health, you are in charge of your care.

Give FYZICAL® a call today at (479) 855-9348.

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- Exercise Essentials
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Physical Therapy: Your Answer for Relief from Carpal Tunnel Syndrome

Do your hands, wrists, or forearms ache on a daily basis? Are your daily activities, such as typing or lifting, harsh on those areas? Do you tend to feel painful stings with arm, hand, or wrist movement? If so, you may be suffering from carpal tunnel syndrome.

Carpal tunnel syndrome is a condition that can cause numbness, stiffness, or pain that can radiate through your fingers, hands, wrists, or forearms. This happens when too much pressure is put on your median nerve, located at the base of your palm. Your carpal tunnel is a narrow channel, about the width of your thumb, located on your wrist under the palm. It protects the median nerve, as well as the tendons you use to bend your fingers. When excessive pressure is put on the median nerve, it causes crowding and irritation of the carpal tunnel, making it difficult for it to do its job. This, eventually, is what leads to carpal tunnel syndrome.

Many people will correct this condition with surgery; however, physical therapy has been proven to be just as successful in some cases (if not more so)! At FYZICAL Therapy & Balance Centers, we will safely and comfortably treat your carpal tunnel symptoms. For more information, call our office today at (479) 855-9348.

What Causes Carpal Tunnel Syndrome?

Essentially, any excessive use of the fingers, wrists, hands, or forearms can cause carpal tunnel syndrome. It is a very common condition, affecting approximately 1 out of every 20 Americans, and accounting for almost 50% of all work-related injuries. Assembly-line work is the most common source of carpal tunnel syndrome, although those who perform jobs demanding extensive use of hand tools, keyboards, or the operation of heavy machinery are also at risk for developing carpal tunnel syndrome. Certain leisure activities have also been known to lead to this condition, such as sewing, playing string instruments, or participating in sports involving racquets.

Some health conditions can also lead to carpal tunnel syndrome, such as:

- Previous injury to the wrist, including strains, sprains, dislocations, and fractures.
- Fluid retention, typically during pregnancy.
- Use of medication, typically steroids.
- Hormone or metabolic changes, including thyroid imbalances, pregnancy, and menopause.
- Degenerative and rheumatoid arthritis.
- Diabetes.

(Continued Inside)

Now Available: TELEHEALTH & E-VISITS!

We are here for you, even for just a short consult! If you can't make it to the clinic, virtual Telehealth and E-visits can help! Both are also covered by your insurance.

Call us at (479) 855-9348 to schedule your appointment!

QUOTE OF THE MONTH:

"Where there is love,
there is life."

— Mahatma Gandhi

Restore Your Balance: Call Us at (479) 855-9348

HEALTHY RECIPE: CHERRY-BERRY OATMEAL SMOOTHIE



INGREDIENTS

- 1/3 cup quick-cooking rolled oats
- 1/2 cup light almond milk
- 3/4 cup fresh strawberries
- 1/2 cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- 1/2 cup small ice cubes

DIRECTIONS

In a medium bowl, combine water and oats. Microwave for 1 minute. Stir in 1/4 cup of the milk. Microwave 30 to 50 seconds more or until oats are very tender. Let cool for 5 minutes. In a blender, combine oat mixture, the remaining 1/4 cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

Recipe: <http://www.eatingwell.com/recipe/259841/cherry-berry-oatmeal-smoothies/>

(Continued from Outside)

Surgery V.S. Physical Therapy

In some severe cases, surgery may be a necessary step in the treatment of carpal tunnel syndrome. However, in most cases, physical therapy alone is enough to treat the condition completely.

In a study titled, "Carpal Tunnel Syndrome: Physical Therapy or Surgery?" published in the *Journal of Orthopaedic & Sports Physical Therapy*, that theory was thoroughly tested. Based on the known side effects and risks associated with surgery, in addition to the knowledge that over 1/3 of patients are unable to return to work within 8 weeks after receiving their operation, researchers decided to test whether physical therapy treatments could be used in replacement of surgical procedures.

The results were overwhelmingly positive. 100 patients with carpal tunnel syndrome were studied; 50 had received surgery, and 50 had received physical therapy alone. The physical therapy patients were treated with manual therapy techniques, focusing on the neck and median nerve, in addition to stretching exercises given by their physical therapists. After one month, the physical therapy patients had much better function during their daily activities than the surgery patients, and demonstrated stronger grip strength overall. At 3, 6, and 12 months, patients in both groups showed similar

improvements with function and grip strength.

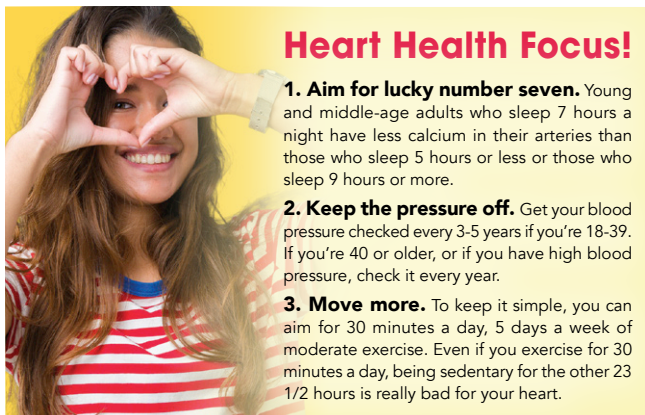
How We Can Help

The study proves that physical therapy works just as well, if not better, than surgery. With every surgery there are risks involved, not to mention the overwhelming expense and recovery time that comes along with it. Physical therapy is a safer, healthier, and more comfortable option for those experiencing carpal tunnel syndrome. At FYZICAL Therapy & Balance Centers, we will employ similar manual therapy techniques to help treat your condition, in addition to any other treatments that your physical therapist deems fit after your evaluation. We will work closely with your primary care provider, in order to discover the best course of treatment for your specific needs.

FYZICAL Therapy & Balance Centers is dedicated toward helping you achieve a pain-free life, with the least amount of discomfort possible. Why opt for surgery when there is another option that can help you return to the activities you need to much faster?

Call our office today at (479) 855-9348 to schedule your initial consultation, and get started on your journey toward better health, pain relief, and overall contentment.

Sources: Sources: <https://www.jospt.org/doi/full/10.2519/jospt.2017.0503>
<https://www.moveforwardpt.com/Symptoms/Conditions/Details.aspx?cid=913cd7f4-316f-40ca-b041-d559302a08fc>
<https://www.healthline.com/health/carpal-tunnel-wrist-exercises#stretch-armstrong>



Heart Health Focus!

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

Call Us Today! (479) 855-9348

Exercise Essentials

Use This Exercise To Relieve Hand Pain

Wrist Extension Stretch

Rest your forearm on a surface for support so that your wrist hangs over the edge. Hold your palm and knuckles with your other hand and relax the tips of your fingers. Gently bend the wrist of the grasped hand upwards using your other hand. Your fingers can remain bent while doing so. Hold for 20 seconds and repeat 3 times.



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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Patient Success Story



"I now have very little pain and I have developed increased range of motion and muscle strength."

"When I first started at the FYZICAL Therapy and Balance Centers, I was experiencing severe neck pain with any movement made. I was unable to sleep at night without waking and crying out in pain with every move. Stewart and the team made me feel like family and were always very attentive to my pain and concerns. I felt better after each treatment and learned many lessons about my posture and how it affects my neck pain.

I now have very little pain, have developed increased range of motion and muscle strength. And I have new friends in Stewart, John, Kirk, Julia, and Tabitha! Thank you all!" – **Steve B.**

Bookmark Our New WEBSITE ADDRESS!



Service Spotlight

WHAT IS ASPEN LASER THERAPY?



Laser therapy utilizes the wavelengths and frequencies of visible red and near infrared (NIR) light to treat a variety of conditions at their source within the body through safe, non-invasive, and **painless** procedures.

With laser therapy, laser light is tuned to specific wavelengths and frequencies and applied to the body in order to stimulate metabolic processes at the cellular level. The photon energy of laser light effectively penetrates the skin and underlying structures, which accelerates the body's natural healing process.

**Call (479)855-9348 to Learn More About
How Aspen Laser Therapy Can Help You!**

UPCOMING DISCOVERY WORKSHOP/SEMINAR

**FREE Balance, Vertigo and Dizziness
Workshop!**

MARCH 13TH, 2021 • 9:30 AM

RSVP Today by Calling (479) 855-9348.

Spots Are Limited to 1st 10 Clients Only!