



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

INSIDE:

- Laughter Is the Best Medicine
- Healthy Recipe: Chocolate Shamrock Shake
- What Is Aspen Laser Therapy?



**RELIEF
& BETTER
MOTION
FOR ACHING NECKS**

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
- Patient Success Story
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Say Goodbye to the Pains in Your Neck with Physical Therapy

Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in quality of life, energy, and overall wellbeing. Fortunately physical therapy can help resolve all the pains in your neck. Contact FYZICAL Therapy & Balance Centers today to schedule your consultation.

Why does neck pain occur?

The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.

- Headaches.
- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our neck. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.

(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:

"Diligence is the mother of good luck."

– Benjamin Franklin

Relieve Your Neck Pain: Call Us at (479) 855-9348

HEALTHY RECIPE: CHOCOLATE SHAMROCK SHAKE



INGREDIENTS

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- sweetener of choice, (as desired)
- chocolate chips, (optional)
- sprig of fresh mint (optional, for garnish)

DIRECTIONS

Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!

(Continued from Outside)

Relieve Your Neck Pain with FYZICAL Therapy & Balance Centers:

Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation.

Physical therapy can help significantly reduce your neck pain by implementing the following benefits:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.
- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help.

Call our office today at (479) 855-9348 to schedule your initial consultation and get started on your journey towards better health, pain relief, and overall contentment. At FYZICAL Therapy & Balance Centers, we are dedicated to providing you with the tools you need for recovery and relief!

Laughter Is the Best Medicine

Did you know that laughter is good for your heart? It diminishes stress and boosts the immune system. Even the simple act of smiling has a positive effect on happiness and physical health, helping the heart recover more quickly after stressful events. Smiling and laughter reduce blood pressure and releases serotonin and other natural pain killers.

Did you know that laughter's positive effects are instantaneous? Once you start laughing, you immediately feel better and pain is perceived as less intense. These effects can last as long as 24 hours so laugh at least once a day!



Call Us Today! (479) 855-9348

Exercise Essentials

Use This Exercise To Relieve Neck Pain

Bilateral Suboccipital Stretch (Helps Stretch Upper Neck)

While lying on a flat surface, put both hands behind your head, cupping the base of your skull with your thumbs. Tuck your chin downwards and apply a firm force up your skull with both thumbs to feel a moderate stretch in the back of the upper neck. Hold for at least 30 seconds.



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

Patient Success Story



"I was able to go from being basically immobile post-surgery to being able to walk smoothly and go through the day pain-free."

By coming to FYZICAL Therapy, was able to go from being basically immobile post-surgery to being able to walk smoothly and go through the day pain-free. I honestly don't know where I would be without coming to FYZICAL therapy and I am very please with the progress I made while I was here!

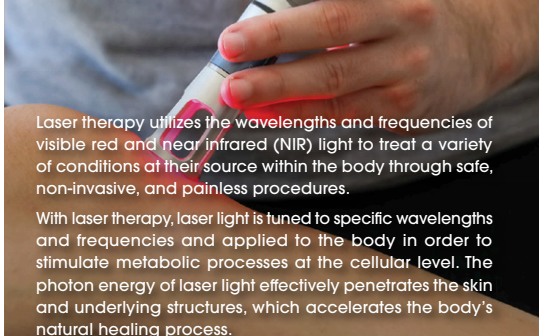
– **Jacqueline M.**

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!