

# NEWSLETTER

## INSIDE:

- 3 Reasons to Embrace Spring Cleaning This Year
- Spring Recipe: Orzo with Zucchini and Tomato
- Welcome Our New PT!



## RELIEF FOR RADIATING & NECK PAIN & HEADACHES



Visit our new web address at [www.fyzical.com/bella-vista](http://www.fyzical.com/bella-vista)



**FYZICAL®**  
Therapy & Balance Centers



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## INSIDE:

- 3 Reasons to Embrace Spring Cleaning This Year
- Spring Recipe: Orzo with Zucchini and Tomato
- Exercise Essentials
- Patient Success Story
- Welcome Our New PT!



## 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:

"Keep your face to the sun  
and you will never see the  
shadows."

— Helen Keller

## Relief for Radiating Neck Pain & Headaches

If you really had to narrow down the frustrations that come with dealing with chronic pain, perhaps the single largest frustration would be having to deal with the pain day after day. Chronic pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge, as can sitting in a desk chair all day, or attempting to pick up your child when he or she is upset. Some of these tasks are more difficult to get around than are others, and, depending on how the pain is impacting your life, the stress of having to go through extra steps to make basic things happen can really get out of hand.

Neck pain is one of those types of pain that is difficult to work around. Pain in the neck and back will frequently begin to radiate the longer it hangs around, and that could mean shooting pain up your neck and back, all the way into the base of your skull. Once neck pain begins to turn into headaches, attempting to concentrate at work can become exceedingly difficult.

### What Causes Neck Pain?

There are a large number of culprits that could be behind your experience of neck pain, including accidents, such as a car accident or a slip-and-fall accident, as well as sporting injuries. The reason why neck pain frequently becomes so severe is due to the fact that blood vessels have to pass through your neck to reach the head.

A spasm in the neck muscles could lead to constricted blood circulation, and therefore migraine headaches. What's worse, since the neck

is connected to the spinal column and therefore connected to the nervous system, pain in the neck can quickly develop into tingling or numbness in the hands, arms and fingers, which can be uncomfortable and frustrating when you are going about daily tasks.

When neck pain develops as a result of a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine headaches. The pinched nerve can cause pain to radiate from the neck into the skull and can cause a disruption to typical nerve patterns. Working with a physical therapist can help you address pain caused by a pinched nerve, and therefore can reduce the severity of headaches that develop as a result of neck pain.

### Physical Therapy and Neck Pain

The good news is that there is actually a lot that you can do to support the healthy operation of your neck, thereby reducing the severity or frequency of your neck pain. Working with a physical therapist is the best way to address neck pain.

During physical therapy, your neck pain will be addressed holistically, taking into consideration the initial injury that may have caused the pain to develop, but also any other habits, movements or compensations that may be contributing to the discomfort.

*(Continued Inside)*

## 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.**

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



# SPRING RECIPE: ORZO WITH ZUCCHINI AND TOMATO



## INGREDIENTS

- 5 oz uncooked orzo pasta
- 1/2 large zucchini, 1/4-inch diced
- 1 small plum or Campari tomato, diced
- 2 cloves garlic, smashed & finely chopped
- 1 tbsp extra virgin olive oil
- salt & fresh pepper to taste
- 1/4 cup fresh grated Parmesan or Pecorino

## DIRECTIONS

Cook pasta in a large pot of salted water as directed for al dente. Reserve about 1/2 cup liquid before draining. Drain orzo in a colander and add the oil to the pot. Saute garlic 1 minute, until fragrant, add the zucchini and tomatoes, season with salt and pepper and mix well. Cook until tender, 3 to 4 minutes. Add the cooked orzo and stir to combine all. Add some of the reserved liquid as needed so pasta isn't dry. Add freshly grated cheese and stir.

Source: <https://www.skinnytaste.com/orzo-with-zucchini-and-tomato/>

*(Continued from Outside)*

Physical therapy takes advantage of strategies like massage, stretching and muscle training to reduce neck pain, and many of these strategies can be adopted in part at home or on the-go to help you address your neck pain when it is bothering you the most.

Adopting healthier habits can have a big impact on your management of neck pain. These include:

- Practicing improved posture
- Wearing recommended footwear
- Using lumbar support in your desk chair or car
- Exercising regularly
- Engaging in regular stretching, like yoga

One of the primary goals of physical therapy is to address whole-body well-being by encouraging improved overall health. In many situations, this includes improved flexibility and range-of-motion training, muscle building and strength training, and even in some cases, encouragement with cardiovascular activities and weight loss.

At the end of the day, the best way to be free of neck pain is to prevent neck pain from developing, and working with a physical therapist can help you in this regard, as well.

The tasks that you do every day can build up over time and cause a lot of stress on your body, and the neck and shoulders are some of the most common places to carry that stress. You may not even realize the impact that simple tasks that you do every day have on your body and your experience of pain. Things like driving, lifting heavy objects — like packages at the front door or even your groceries — and repetitive movements like hunching over a keyboard at work can all seriously impact your neck pain.

The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. If you experience an injury, the smart thing to do is to consult a physical therapist soon after the pain develops. Don't wait; give us a call today and schedule your FREE consultation!

***We are dedicated to your recovery. Call our office today at (479) 855-9348 to schedule your return visit to FYZICAL Therapy & Balance Centers!***



## 3 REASONS TO EMBRACE SPRING CLEANING THIS YEAR

**1. Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America.

**2. Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

**3. Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Source: Sasbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." *Personality and Social Psychology Bulletin*, January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>



**Call Us Today! (479) 855-9348**

# Exercise Essentials

## Use This Exercise To Relieve Neck Pain

### Retraction / Chin Tuck

Start in a seated position with your back straight. Slowly draw your head back so that your ears line up with your shoulders. Hold this position for 5 seconds, then release. Repeat 10 times.



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

## Patient Success Story



### "I recommend FYZICAL Therapy & Balance Centers for anyone in need!"

"I had a brain tumor and I came out of my surgery with double vision, balance issues and nausea. After 4 weeks in therapy, they fixed all my issues and had me back to normal! They are the best in the business! I recommend FYZICAL Therapy & Balance Centers for anyone in need! Thank you for all you have done for me!"

— Derek R.



## Bookmark Our New WEBSITE ADDRESS!



## Welcome our New PT!



### Yvette Silvey, PT, MSPT, DPT

Yvette Silvey comes to us from Gainesville, Florida. Dr. Silvey and her husband moved to NWA to be closer to family. She is a Physical Therapist with 25 years of experience focusing on complex chronic pain program development and treatment for the last 11 years at the University of Florida Health Rehab Center. Clinical practice includes outpatient, inpatient, skilled nursing, assisted living, long-term care, and home healthcare across the life

span. She has worked in Maine, Alabama, Missouri, and Florida. She held a faculty position at the University of Missouri and guest lectured in multiple states and settings. Dr. Silvey's research interests include patient-reported outcomes and chronic pain evaluation and treatment. She is an active member of the American Physical Therapy Association.

Dr. Silvey has a strong passion for wellness and health promotion. Before going to PT school, she worked for seven years as a clinical exercise specialist in a hospital-based wellness center in Winter Park, Florida. Yvette is a former collegiate swimmer, competed for three years on the triathlon circuit, and coached a high school swim team for nine years. As a lifelong learner and mentor with a solution-based mindset, she will complement your physical therapy experience with a whole-body approach.

She and her husband have two college students and a geriatric dog. She believes in community service, faith, being kind, and living life to its fullest.

### UPCOMING DISCOVERY WORKSHOP/SEMINAR

## FREE Shoulder Pain Workshop!

APRIL 24TH, 2021 • 10:00 AM

RSVP Today by Calling (479) 855-9348

Spots Are Limited to 1st 10 Clients Only!

