

# NEWSLETTER

## INSIDE:

- Treatment and Prevention for Shoulder Pain
- Healthy Recipe: Blueberry Spinach Smoothie
- 7 Green Food Facts to Boost Your Nutrition
- Exercise Essentials: Scapular Retraction



**TORN SHOULDERS  
CAN BE SUCH A  
*PAIN IN  
THE NECK!***

**LEARN HOW PT CAN HELP >>**

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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### We Offer 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:

"This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays."

— Ralph Waldo Emerson

## Torn Shoulders Can Be Such A Pain In The Neck!

### What is a rotator cuff injury?

Have you recently been experiencing an achy sensation in your arm, had issues getting to sleep at night, problems lifting things, or numbness in your neck? If these symptoms sound familiar, you might have received a rotator cuff injury, also known as a torn shoulder.

The rotator cuff is made up of muscles and tendons that help keep the shoulder in place and moving properly. People experiencing these kinds of injuries typically report feeling a painful, dull ache deep in their shoulder, difficulty reaching behind their backs, weakness in their arms, or trouble getting a good night's sleep due to pain.

It is true that some rotator cuff injuries require surgery if they are severe enough. However, oftentimes, physical therapy treatments can provide the same amount of relief (if not more) than surgery will. According to the American Physical Therapy Association, "...When it comes to treatment of nontraumatic rotator cuff tears, physical therapy alone produces results

equal to those produced by arthroscopic surgery and open surgical repair."

At FYZICAL Therapy & Balance Centers, we offer natural and non-invasive methods of therapy that can help relieve your shoulder pain and heal your rotator cuff injury. Our physical therapists are professionally trained to know how to treat conditions like these, and assess your body for underlying conditions as well!

### Could my shoulder pain be caused by something else?

Yes! Our clinic sees tons of patients who arrive at their initial consultation thinking that if their shoulder is bothering them, the source of their pain also lies within their shoulder. All too often, we see that the true problem lies in their neck, and can be the result of a pinched nerve in the upper spine.

This condition is referred to as "cervical radiculopathy," and its symptoms can be similar to those experienced by someone with a torn shoulder/rotator cuff injury. Symptoms also include pain,

weakness, and the feeling of "pins and needles" (numbness) in the neck and down the arms.

### Is it a torn shoulder, or a pinched nerve?

Although the symptoms of these conditions are similar to each other, there are ways to differentiate between them. Typically, a pinched nerve will cause pain in just one shoulder, not both. Sharp pain is also more common versus feeling a dull ache as a result of muscle overuse.

Turning your head can cause the pain to be more intense as well. Tension headaches in the back of your head and severe neck pain are also signs that the cause of your shoulder pain is a pinched nerve instead of a torn rotator cuff.

With cervical radiculopathy, you may find that your shoulder joint feels extremely weak and useless as you attempt to lift something. In some cases, these symptoms extend from your shoulder down through your arm and hand, so it might even be difficult for you to grasp items as you normally would.

### 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 Persistent Pain: **Call Us At (479)855-9348**

# HEALTHY RECIPE: BLUEBERRY SPINACH SMOOTHIE



## INGREDIENTS

- 1 cup frozen blueberries
- 1/2 cup frozen spinach
- 1 banana
- 1 tablespoon ground flax seed
- 1 tablespoon nut butter (optional)
- Almond milk (or favorite plant-based milk)

## DIRECTIONS

Add blueberries, spinach, banana, flax seed, and nut butter into blender. Add almond milk until all other ingredients are covered (use less milk if you prefer a thicker consistency). Blend and enjoy a tasty smoothie full of fiber and antioxidants to help decrease inflammation and fortify your immune system!

## Treatment and Prevention for Shoulder Pain

Regardless of whether your pain is caused by a torn rotator cuff or a pinched nerve, physical therapy is a great option to restore and improve your strength and flexibility in your shoulders and neck.

Your physical therapist will assess your pain condition, create a customized treatment plan for your needs, and teach you exercises and stretches to improve your range of motion and strengthen the injured shoulder.

He or she will also inform you of things you should avoid doing to keep from reinjuring yourself and experiencing shoulder pain again down the road. For example, if you play sports, they may advise you to take frequent breaks to reduce the amount you're using your shoulder.

Shoulder pain is a common condition that can easily be diagnosed and treated, so don't hold out on seeing a physical therapist because you're hoping the pain will go away on its own! It's important to have your condition evaluated, that way you will know for sure if the problem is a torn rotator cuff, a pinched nerve, or something else entirely.



**Ditch the pain in your neck (or shoulder!) and come see us!**

Put an end to your problems today. Call our office and get scheduled for your very own consultation with one of our skilled physical therapists. They will be able to assess your condition, find the root of your pain problem, and set you on the right track to ditching your pain once and for all!

Source: <http://www.apta.org>

**Return to FYZICAL Therapy & Balance Centers and wave hello to a pain-free you! Call our office today at (479) 855-9348 to schedule your visit.**



## 7 GREEN FOOD FACTS TO BOOST YOUR NUTRITION

**Avocados** have twice the amount of potassium as bananas, and **Green bananas** contain less sugar than those that are over-ripened.

**Broccoli** contains twice the amount of Vitamin C than oranges and as much calcium as whole milk.

**Cilantro** is good for digestion and helps to soothe ailments such as headaches, coughs, and nausea.

An **Onion's** sulfur compounds help in detoxifying the body and aid in cellular repair.

**Parsley** contains three times the amount of vitamin C as oranges, and twice the amount of iron as in spinach.

**Peppermint** can help you feel focused and alert during long days

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





## Please Join Us In Wishing John Bania A Swift Recovery!

FYZICAL Therapy & Balance Centers in Bella Vista would like to ask our friends and patients to keep one of our very own staff members, John Bania, in mind as he recovers from his neck surgery from last month.

John has been a vital asset to FYZICAL Therapy & Balance Centers of Arkansas since August of 2005. He has helped many patients with various orthopedic pain conditions find the relief they desperately seek. He is a certified BIG program instructor and has also helped many Parkinson patients learn to increase their steps when walking and accomplish everyday tasks with more ease. In his free time, John is an outdoor enthusiast and avid gymnast. We want to see our awesome teammate get back to doing the things he loves, in addition to being able to help his patients achieve their goals.

We wish you the best in recovery, John! Everyone here at FYZICAL Therapy & Balance Centers is rooting for you!

## Patient Success Story



**"I came here having difficulty walking and I am now able to do a lot more."**

"I came here having difficulty walking and had no stamina and I am now able to do a lot more in my apartment and was surprised to walk without assistance.

I am very happy and pleased here. All of the people are very polite; they don't belittle you at all and they encouraged me to do better. That to me is very important since it made me feel better and keeps me wanting to make progress!" – **Ken G.**



**Now is the time to take ownership of your health.**

**Call Us Today!**

**(479) 855-9348**



## Exercise Essentials

**Use This Stretch to Relax your Shoulders and Relieve Neck Pain**

### Scapular Retraction

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders. Hold this position for 5 seconds, then release. Repeat 10 times.



EXERCISES COPYRIGHT OF  
SimpleSet Pro  
WWW.SIMPLESET.NET

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

## Fun & Games

Can you un-scramble this PT phrase?

**gnare fo nootim**

Answer: range of motion