

NEWSLETTER

INSIDE:

- PT Can Make Springtime Activities More Enjoyable!
- 3 Tips for An At-Home Herb Garden
- Exercise Essentials: Scapular Retraction
- FREE Workshop!



IT'S THE
***SEASON OF
RENEWAL***

**RELIEF IS IN YOUR REACH
THIS SPRING!**

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 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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*Embrace
Spring, the*

Season of Renewal

Springtime is here, and with it comes new beginnings, growth, and a chance to get started on reaching your fitness goals!

All of us have been stuck inside for months, so it goes without saying that now more than ever it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move. The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again!

Sometimes, however, the fear of sustaining an injury can prevent you from leading a healthy and active lifestyle. If you're in need of assistance in improving your mobility, physical therapy can help. Contact FYZICAL Therapy & Balance Centers today to schedule an appointment.

How physical therapy can help you become more active for springtime

According to the HHS, "More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth." Finding the time or the motivation to exercise is difficult for

many people, but with a season of renewal right around the corner for us, it's important to know what your options are when it comes to getting into shape!

Physical therapy is not only useful for people recovering from an injury or surgical procedure. FYZICAL Therapy & Balance Centers physical therapists are movement specialists who offer safe and natural ways of healing, as well as ways to improve your overall level of fitness so that you can enjoy physical activities this spring!

A physical therapist can evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

Our therapists can also teach you the proper techniques for warming up before your chosen activity and the best post-workout stretches for an effective cooldown.

What are you waiting for? Pick up the phone today and schedule your next visit at FYZICAL Therapy & Balance Centers.

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:

"Spring is nature's way of saying, 'Let's party!'"
– Robin Williams

Relief Is In Your Reach! Call Us At (479) 855-9348

PT Can Make Springtime Activities More Enjoyable!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities! Some of the most common activities that physical therapy can help you enjoy more fully are running, gardening, biking, and yoga.

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. They are normally due to poor alignment of the body, or weakness in the leg muscles. A physical therapist can help make sure your joint health is up to par before you hit the trails!

Gardening usually requires you to get down on your hands and knees in the dirt! Physical therapy can help you to relieve any knee pain you've been experiencing that may keep you from spending time outside tending your flowers, fruits or vegetables. Severe knee injuries often include bone bruises or damage to the cartilage or ligaments, which a physical therapist can identify and remedy.

Biking is a super fun activity people enjoy doing as it warms up outside! Similar to running and gardening, however, biking can also prove to be difficult if you're suffering from injuries that have not healed, or chronic pain conditions that restrict your mobility. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Yoga is a great way to gently increase your heart rate and improve your levels of flexibility. It also strengthens your muscles! Many physical therapy programs already incorporate stretches that are found in yoga routines, however, if yoga is your preferred method of fitness, a physical therapist can help ease chronic aches and pains that may be making yoga difficult

for you. The better you feel about your abilities to do your stretches and poses, the more often you can take your mat outside to practice!

SPRING INTO BETTER HEALTH THIS SEASON!

FYZICAL Therapy & Balance Centers offers many types of therapeutic methods to help athletes and weekend warriors alike to participate in whatever fitness or outdoor activity they love the most. If you're interested in polishing up your physical abilities this season, call our clinic today to schedule an appointment.

(479) 855-9348



FYZICAL
Therapy & Balance Centers



3 TIPS FOR AN AT-HOME HERB GARDEN

1. Discover what herbs will work best for you. Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

2. Make sure you have enough room for each herb to grow and thrive.

A common mistake when planting a garden is not allowing enough room

for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread.

A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano

3. Make sure your herb garden is in the right light. For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check lighting and watering requirements for each herb you purchase.



DISCOVERY WORKSHOP/SEMINAR

FREE Back Pain Workshop!

JUNE 19TH, 2021 • 10-11 AM

RSVP Today by Calling (479) 855-9348.

Seating is Limited to 1st 15 Clients Only!

Do you deal with nagging back pain or sciatica? Is your back pain keeping you from your favorite activities? Are you tired of using medications or getting injections to treat your symptoms?

If you answered YES to any of these questions, then you won't want to miss the FREE Back Pain Workshop we are offering on Saturday, June 19th from 10-11 AM. Call our clinic today to reserve your spot! We hope to see you soon!



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 ©
SimpleSet Pro
WWW.SIMPLESET.NET

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

Patient Success Story



"I feel a million times better!"

"I have had a bad back problem that at one time had me almost disabled. I was able to come to Mountaincrest/FYZICAL and it has been a joy and I look forward to my treatments! I feel a million times better today!" – **Marlene G.**

**This spring, stop
and smell the roses
without paying for it
the next day.**

**Schedule Your
Appointment:**

(479) 855-9348



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Therapy & Balance Centers



www.fyzical.com/bella-vista