

NEWSLETTER

**STRUGGLING WITH BACK
PAIN OR SCIATICA?**

***STAND
TALLER***

**WITH THE HELP OF
PHYSICAL THERAPY!**

INSIDE:

- Tips for Sciatica Relief
- Don't Just Grill... Grill Healthy!
- At-Home Exercise: Double Knee to Chest Stretch
- Fun & Games
- Patient Success Story

Visit us online 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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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:

"I alone cannot change the world, but I can cast a stone across the water to create many ripples."

– Mother Teresa

Stand Taller with Physical Therapy

Did you know that over 80% of people across the world will suffer an episode of back pain at some point in their lifetime? If you are suffering from back pain or sciatica, you know how hindering it can be. With chronic back pain, radiating leg pain, or stinging sensations across the sciatic nerve, it can be difficult to live your life to the fullest. If you find yourself in pain when bending down, standing up, or lifting objects, it's time to see a physical therapist.

At FYZICAL Therapy & Balance Centers, we are fully equipped to treat any back pain you may be experiencing. Contact us today to schedule a consultation and find out more about how our services can benefit you!

The differences between back pain and sciatica:

It can be difficult sometimes to determine the differences between general back pain and sciatica. Sciatica is a specific type of back pain that is caused by a compression or irritation of the sciatic nerve. Your sciatic

nerve is the largest nerve in your body – it is approximately 2 centimeters wide, extending all the way down your back, your buttocks, underneath the piriformis muscle, and to the backs of your legs and your feet. It is made up of several nerves that exit your lower back from the lumbar and sacral levels (L4-S3), transmitting sensation and muscle control. Common culprits of sciatica development include weakness in the gluteal muscles or tightness in the piriformis muscle, as they can compress and irritate the sciatic nerve.

Common sciatica symptoms:

The sciatica symptoms reported from patients tend to vary. Some may experience a deep ache in the buttocks, while others experience a severe pain radiating down one of their legs. It is also possible to feel a tingling or numbness in the back of the leg, calf, or foot. If left too long without proper treatment, irritation can become more severe and affect the strength of your leg muscles.

Common sciatica treatment:

The safest, easiest, and most effective mode of sciatica treatment is through physical therapy. Physical therapy examines the root cause of pressure on the nerve and works to quickly alleviate that pressure. Our licensed physical therapists will analyze the movements of the muscles surrounding the sciatic nerve, in addition to the back and hip joints. They will design an individualized treatment plan based on the specific needs of each patient, in order to strengthen the affected muscles, improve joint flexibility, and prevent problems from occurring again in the future.



Schedule An
Appointment:

(479) 855-9348

Relief is in your reach! Visit us and **start feeling better.**



TIPS FOR SCIATICA RELIEF


There are some tips you can follow to relieve your sciatica pain on your own. These can be done before coming in for treatments, or in tandem with your physical therapy treatments:

- **Performing gentle stretching exercises.**
- **Avoiding prolonged sitting. Make sure to get up every 30 minutes and change positions frequently.**
- **Putting a pillow behind your knees when sleeping on your back or between your knees when sleeping on your side.**
- **Using your legs to bend down when picking up objects off the floor, rather than using your back.**
- **Alternating ice and heat on the buttock to reduce inflammation.**
- **Asking your doctor about coming to physical therapy, or giving us a call.**

How successful is physical therapy for back pain?

A study found in the medical journal SPINE proves both the physical and monetary benefits to treating back pain and sciatica with physical therapy. It demonstrates that when doctors refer their patients for physical therapy treatments early on in the diagnosis, their patients have shown significant improvement and lowered treatment costs. In this study, patients saved an average of \$2736.36 for their low back pain treatment simply by being referred to a physical therapist in the beginning.

If you are suffering from back pain or sciatica, consult with your doctor about physical therapy treatments, or contact our office to learn more about how you could benefit. At FYZICAL Therapy & Balance Centers, we aim for speedy and effective recoveries at low costs. Don't live with back pain any longer – stand taller with physical therapy.

 (479) 855-9348



FYZICAL®
Therapy & Balance Centers

Try these recipe tips when you're planning out your next meal on the grill! Your friends, family, and fitness will thank you. >>



DON'T JUST GRILL... GRILL HEALTHY!

MAIN DISHES

- **Meaty mushrooms** marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice.
- **Salmon** with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

- **Antioxidant-packed salsa or pico de gallo.** Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- **Olive oil based pesto or sundried tomato spread.** All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

SIDE DISHES

- **Bean salad.** All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- **Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil.** Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

Time to get grilling!

Easy Pico de Gallo

- 5 whole roma tomatoes, diced
- 1/4 large yellow onion, diced
- 1/4 cup cilantro, minced
- 1/2 large jalapeño pepper, minced (& seeded for milder taste)
- 2 tbsp freshly squeezed lime juice
- 2 cloves garlic, minced or pressed
- salt to taste

To make, place all ingredients into a large bowl. Mix and season with salt, to taste. Cover and place in the fridge until you are ready to serve it with your grill masterpieces!



Fun & Games

Can you un-scramble these
summery words and phrases?

siopplec

haecb yad

gsaesuslms



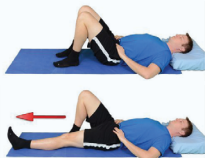
Answers: popple, beach day, sunglasses

At-Home Exercise

Use This To Stretch Your Lower Back

DOUBLE KNEE TO CHEST STRETCH

Lie on your back, knees bent, feet flat on the floor. Contract your deep core and continue breathing normally. Now straighten your leg by sliding your heel down, keeping pelvis level. Slide heel back up towards buttock, alternate legs. Repeat 10 times with each leg.



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

Patient Success Story



**"I feel so much better after
continuing therapy. I am more
active without pain."**

"Prior to therapy, I had a chronically painful knee and back and had been unable to do anything after a few hours of being up. I feel so much better after continuing therapy and I am more active without pain, riding horses and doing my chores without having to find a space to lie down. What's important in coming here is relearning how to take care of my own body and avoid getting worse with my condition. I am planning to continue my exercises that FYZICAL Therapy & Balance Centers staff have trained me with!

- Susette H.

**Enjoy summer
activities fully this
year by taking care
of your pain.**

**Schedule Your
Appointment:**

(479) 855-9348



LIVE PAIN-FREE WORKSHOP • 1/21/21

IMAGINE

a life without pain

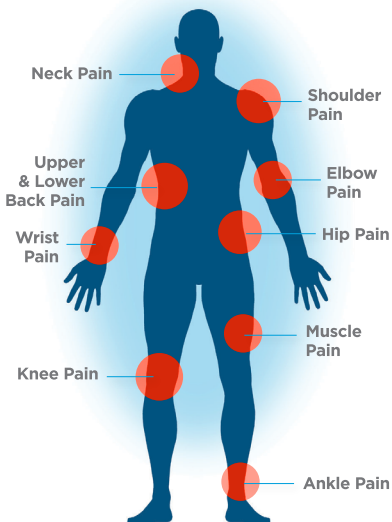
With our Aspen Laser therapy treatments, living a pain-free life isn't just a possibility, it's a reality.



DRUG-FREE

SURGERY-FREE

PAIN-FREE



Aspen Laser Therapy has been clinically proven to reduce pain and inflammation associated with conditions such as:

- Post-Injury Pain
- Joint Pain
- Plantar Fasciitis
- Bursitis
- Tendinitis
- Sports Injuries
- Arthritis
- Back and Neck Pain
- Muscular Pain
- Many other conditions

Call (479) 855-9348 to RSVP! • WWW.FYZICALARKANSAS.COM

LIVE PAIN-FREE WORKSHOP WITH THE ASPEN LASER

1/21/21 | 1PM—5PM



Call (479) 855-9348 to RSVP Your 20-Minute Treatment Slot ASAP!

FIRST COME, FIRST SERVE! Only for the First 24 Slots!

Once It's Filled Up, It's Gone!

LASER THERAPY FAQs

1. How Are Treatments Administered?

A handheld wand is positioned directly on, or slightly above, the skin over the affected area, where it delivers a gentle therapeutic beam.

2. How Many Treatments Will I Need?

Most acute conditions typically require only 5-6 treatments. Chronic conditions generally take longer and may require 6-12 treatments as well as one or two follow-up treatments each month.

3. How Long Does a Treatment Take?

Depending on the condition, treatment times typically last only 5-10 minutes, but larger body areas may require a little more time.

4. Does the Treatment Hurt?

Absolutely not! Most patients experience a warm, often soothing sensation during treatment.

5. How Soon Can I Resume My Normal Activities?

The moment you leave the clinic, you may resume your normal daily activities. However, it is important not to overexert for a few days, as the body is still healing.

6. Will Insurance Cover My Treatments?

Aspen Laser Therapy may not be covered by some insurance plans, so ask your provider. If your provider does not cover the cost of your treatments, affordable payment plans are available.

We are excited to announce that
FYZICAL has recently upgraded
to the new ASPEN LASER!



**DON'T MISS OUT!
CALL US AT
(479) 855-9348
TO RSVP!**

PROUDLY PARTNERING WITH
ASPEN LASER
Revolutionizing Photobiomodulation

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Therapy & Balance Centers

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