

NEWSLETTER



WHAT'S CAUSING YOUR ***LOWER BACK PAIN?***

INSIDE:

- How Do Hypermobility and Hypomobility of the Joints Occur?
- Healthy Recipe: Grab & Go Veggie Wrap
- Fun Facts About Sunflowers
- At-Home Exercise: Sacral Stretch
- 4 Ways to Make Hydration a Habit

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.

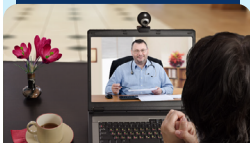
Whether you want to come in for a check-up, suffered a recent injury, or you want to improve your health, you are in charge of your care.

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:

"Keep your face to the sunshine and you cannot see the shadow. It's what sunflowers do."

— Helen Keller



Is Your Lower Back Pain Caused by Sacroiliac Joint Dysfunction?

Are you living with sacroiliac joint dysfunction? This condition, also known as SI Dysfunction, is a painful sensation felt in the sacroiliac joint region, which is located at the bottom of the spine. A diagnosis for this condition means that the joints connecting the sacrum to the pelvis are moving improperly.

This condition can result in pain in the lower back, buttocks, and/or legs. Inflammation of the joints in this region can also occur, referred to as sacroiliitis.

If you think you may be experiencing the symptoms of sacroiliac joint dysfunction, don't hesitate to contact FYZICAL Therapy & Balance Centers today.

We'll help improve your normal mobility so you can get moving comfortably again!

So, what exactly do these joints do? Essentially, they act as shock absorbers. Because this is their main function, they are only meant to move small amounts.

However, sometimes these joints begin to move too much or too little - that's when SI Dysfunction occurs. When someone has hypermobility (too much mobility) in the joints, ligaments begin to loosen, which can cause issues with movement and protection to the bones.

When someone has hypomobility (too little mobility) in the joints, they begin to overcompensate. This can cause problems in nearby joints, resulting in abnormal movements and pain.

Turn the page to continue reading >>

What exactly is sacroiliac joint dysfunction?

It is important to first understand the anatomy of the sacroiliac joint region before you can understand exactly what this condition is and how it is caused.

At the bottom of your spine, there is a small triangular bone known as the sacrum. It is located below the lumbar region of the spine and above the tailbone, and it consists of five fused vertebral segments. The sacrum is connected to the pelvic bone on both the left and right sides at the sacroiliac joints.



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

HEALTHY RECIPE:

GRAB & GO VEGGIE WRAP



INGREDIENTS

- 1 large whole wheat tortilla
- 1/4 cup roasted red pepper hummus
- 1 cup of washed baby spinach leaves
- 1 carrot, peeled & shredded
- 1 tomato, thinly sliced
- 1/2 cucumber, thinly sliced
- 1/2 avocado, diced
- Crumbled feta cheese (to taste)
- Salt & Pepper (to taste)

DIRECTIONS

Lay your tortilla flat and spread hummus to coat it. Then, sprinkle feta cheese. Layer your vegetables to create a colorful, nutritious masterpiece. Season with salt and pepper to taste, add additional feta if desired, roll up, and enjoy or pack away for a convenient on-the-go meal.

How do hypermobility and hypomobility of the joints occur?

Hypermobility in the sacroiliac joints can occur for several reasons, including injury to the ligaments or pregnancy.

Hypomobility in the sacroiliac joints can also occur for several reasons, including degenerative joint diseases (such as arthritis) or spinal fusion.

While pain from SI Dysfunction typically manifests in the lower back, buttocks, or legs, it can also spread to surrounding muscles. This can result in pain and muscle spasms in areas that may seem unrelated.

Find relief for your pain today:

If you think you may be suffering from symptoms in your sacroiliac joints, contact us to find out for sure.

Your physical therapist will begin your initial session by conducting a physical exam, in order to determine the cause of your pain and determine the best course of treatment for your needs. From there, an individualized treatment plan will be designed specifically for you, including passive and active treatments to help manage and relieve your pain.

Both the hypermobility and hypomobility that come with sacroiliac joint dysfunction can pose significant limits to your daily life. Don't let yourself live with pain and abnormal joint function - contact FYZICAL Therapy & Balance Centers today to find relief. We can get you back to normal as quickly as possible!



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Fun Facts About Sunflowers...



Each sunflower can contain as many as 1,000-2,000 seeds! Sunflower seeds are used to grow the flowers, but they are also food for birds and humans. You can harvest and roast them for a healthy snack!



Sunflowers are native to North America.



The tallest sunflower on record was over 30 feet tall. WOW!

4 Ways to Make Hydration a Habit

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer:

- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated.

These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty!

Patient Success Story



"FYZICAL has helped me so much!"

"My problem was in the lower back. FYZICAL has helped me so much! I have enjoyed everyone that has helped me! I will know where to go if I ever need help again! Thank you all so much!"

- Sandy M.

At-Home Exercise

Use This Stretch To Relieve Sacroiliac Discomfort

Sacral Stretch

Squat deep. Keep your knees behind your toes. Use elbows to push knees wide.



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

Access a pain-free life and do what you love, comfortably!

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