

NEWSLETTER

EXCITED FOR FALL GARDENING?

AVOID BACK PAIN WITH THESE TIPS

INSIDE:

- How Can I Prevent Back Pain Or Sciatica While Gardening?
- Healthy Recipe: Peanut Butter Oat Balls
- At-Home Exercise: Balance | Forward Reach
- Leaf Raking Season!

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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Avoid Back Pain while Tending To Your Garden This Fall

Fall gardening offers the opportunity to plant fall flowers, clean out the flower beds and vegetable garden, and to plant bulbs that bloom next spring. Fall gardening has several advantages, such as cooler temperatures and less humidity than summer months. However, you have to take the necessary steps to protect your back from injury during gardening.

Gardening is a great way to get outside and take advantage of the fresh air, but it can also put a strain on your back. Millions of Americans suffer from debilitating back pain each year that affects their quality of life. It can present itself in a number of ways – whether you are having trouble getting out of bed, picking up your kids, putting on your socks and shoes, or partaking in your favorite hobbies, physical therapy can help relieve your back pain.

the lower back, legs, or buttocks. Sciatica occurs when the sciatic nerve becomes “pinched” or otherwise damaged in some way, thus resulting in a “shooting,” “stinging,” or “burning” sensation.

Whether you’re experiencing general back pain or sciatica pain, our physical therapists at FYZICAL are licensed and trained in helping alleviate your discomfort. They can also provide you with helpful tips for avoiding back pain and sciatica while gardening (and doing other daily tasks) so you can comfortably enjoy your leisure activities.



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:

“When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost.”

– Billy Graham

Our clinic can also diagnose whether the pain you’re feeling is a result of general back pain or sciatica. Back pain typically develops as the result of an injury or muscle strain, which is why it is so common with the repetitive bending, digging, and reaching that gardening entails. Sciatica is a specific type of back pain that is extremely common. It develops from issues surrounding the nerves and can be felt in

Schedule An Appointment:

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

HEALTHY RECIPE: PEANUT BUTTER OAT BALLS



INGREDIENTS

- 1 cup quick oats
- 1/2 cup peanut butter
- 1 Tbsp. ground flax seed
- 2 Tbsp. wheat germ
- 1/3 cup honey
- 1/2 cup mini baking M&M's or mini chocolate chips

DIRECTIONS

Mix all of the ingredients together either in a mixing bowl with a spoon or a Kitchen-Aid mixer with paddle attachment. Place mixture in refrigerator for about 15 minutes, or until chilled enough to roll into balls without being too sticky. When chilled and not as sticky, roll into balls and place on a piece of parchment paper on a plate and place in refrigerator, until set. Now place balls in an airtight container in the refrigerator and eat at your leisure. Enjoy!

<https://www.yummyhealthyeasy.com/peanut-butter-oat-balls>

How Can I Prevent Back Pain Or Sciatica While Gardening?

Gardening offers the opportunity to experience the outdoors while working on your green thumb. However, it is important to take the necessary steps to protect your back from injury while gardening. Below are 3 tips for pain-free gardening:

1. Warm up first. This is especially important if you enjoy tending to your garden in the morning, as your lower back is the most vulnerable to injury first thing in the morning. It is important for morning gardeners to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting. Adding in some back stretches can also help decrease your risk of pain or injury.

2. Dress for the garden. Weather permitting, it is ideal to wear long pants and long sleeves. If it is too warm to do so, at least make sure you have on protective gloves and supportive shoes. Make sure your shoes cover the entire foot and have a skid-resistant sole. Wearing shoes with good arch support helps take away some of the strain that gardening potentially causes to your back. Wearing flip flops or sandals potentially increases your risk of slipping, tripping or falling, which can potentially damage your back.

3. Safety First. Choose the right gardening tools to limit the stress on your body:

- The tool should be sturdy but not heavy.
- Choose handles that provide a comfortable grip size. The grip should feel soft and should easily fit into your hand.
- Choose a tool that is efficient at the task it is meant to perform – one that utilizes leverage and is sharp enough to cut.

Protect your back before, during, and after gardening by following these tips:

- Squat or use one knee to support yourself while gardening.
- Keep your spine as straight as possible.



- Use your hips and knees to lift, rather than your back.
- Alternate tasks such as digging, lifting, and walking. This relieves strain on your spine.

How can physical therapy help my back pain or sciatica? While following the above steps can greatly decrease your risk of pain or injury, they are not always completely effective. Fortunately, back pain and sciatica are both effectively treated through physical therapy. Our licensed physical therapists will help determine your diagnosis before creating your treatment plan. The main stages of your plan will focus on pain relief, which may include any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physical therapist deems fit.

We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

A physical therapist can help you move better with less pain, which can make your hobbies and physical activities much easier. A physical therapist can help speed up your recovery by giving you the tools to be successful – we don't just treat your symptoms; we want to empower you to be able to prevent your pain from returning and to live your daily life without fearing discomfort from your back pain or sciatica. **If you are experiencing back pain or sciatica and you are looking for relief, contact FYZICAL today – we'll get you on the road to recovery so you can get back to tending your garden in no time!**



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Leaf Raking Season!

Tips on Tackling The Yard This Fall

The team at FYZICAL came up with the **Top 6 Things** you should think of as you tackle that yard full of leaves this fall.

- 1. Warm up** – Get your body moving with a brisk walk or some trunk rotations before you start raking.
- 2. Avoid twisting** – move your feet and use your legs to shift your weight back and forth rather than twisting through your back. Keep your shoulders and your hips facing the same direction, bend at the hips and not your back, and you can't go wrong!
- 3. Get the right rake** – Use a rake that is a good length for you. A rake too long or too short will make you put more stress on your back.
- 4. Switch it up** – Don't always rake from the same side. Changing your arm and leg position will help decrease the repeated stress on your joints.
- 5. Use your legs** – Bend at the knees when picking up piles of leaves and yard bags (that aren't too full!) to decrease the load on your low back.
- 6. Finish up** – It's always a good idea to finish with some stretching, or even ice areas that you know tend to get sore, after a workout. Then go and enjoy a cold (or warm!) beverage of your choice after a job well done!

Remember, if you are extremely sore after an activity or minor aches in pains aren't settling after a few days, don't wait! Call your physical therapist and let them help you get back to pain free living. That's how it should be. What a re-leaf!

Patient Success Story



"I plan on living each day with more balance and more strength!"

"My doctor recommended I do PT and I agreed. I have had so many health issues the past 4 years and I have become so weak. I can certainly say I have come a long way. My knee is much stronger and not hurting anymore!

My balance is the biggest problem I have had, and I will be starting the Balance program with FYZICAL. I may be 82 years young, but I have a lot of living left to do and I plan on living each day with more balance and more strength with the help I have received for this team!" - **Ada A.**

At-Home Exercise

Use This Stretch To Relieve Back Pain

Balance | Forward Reach

Stand near a support, such as a chair, in case you need it. Reach forward as far as you can. Hold for 5 seconds and repeat 3 times.



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!

Schedule Your
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