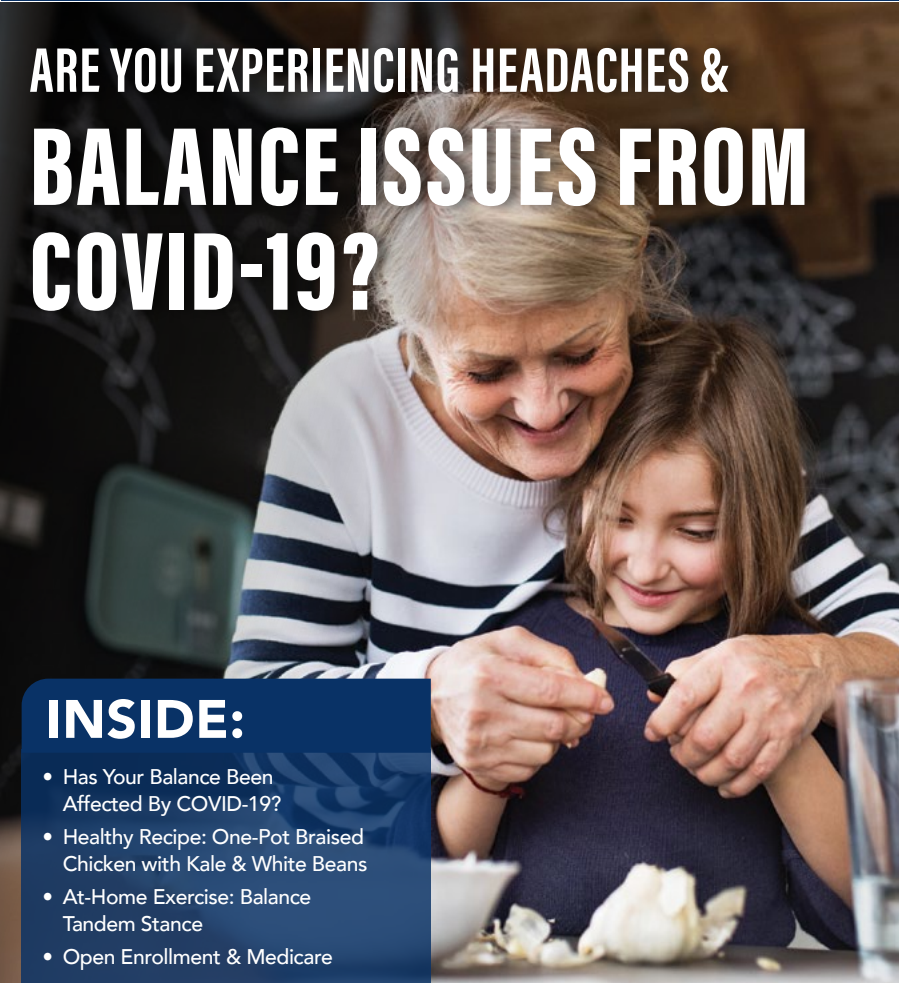


NEWSLETTER

ARE YOU EXPERIENCING HEADACHES & BALANCE ISSUES FROM COVID-19?



INSIDE:

- Has Your Balance Been Affected By COVID-19?
- Healthy Recipe: One-Pot Braised Chicken with Kale & White Beans
- At-Home Exercise: Balance Tandem Stance
- Open Enrollment & Medicare

Visit us online at www.fyzical.com/bella-vista

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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:

"Autumn carries more gold in its pocket than all the other seasons."

– Jim Bishop



Are You Experiencing Headaches & Balance Issues From COVID-19?

Most of us will have a handful of headaches per year on average. There are many triggers for headaches, including physical and emotional stress. Some patients who have recovered from COVID-19 have experienced chronic headache pain as a lasting effect, which can be quite bothersome! Several aspects of a person's life can be affected by their headaches, including their ability to remain balanced. This can increase a person's risk of falling and sustaining injuries.

Thankfully, safe treatment is available for those dealing with this kind of condition: physical therapy. Physical therapy can ease your headache symptoms and improve your balance by finding and treating the underlying cause. You deserve a safe and sustainable way to manage your condition; contact FYZICAL today to learn more about how physical therapy can help.

How are headaches and balance related? If you've ever experienced a headache that causes you to feel as if the ground beneath you is moving, it could have been related to your vestibular system. Medical News Today explains that "the vestibular system of the inner ear and brain controls balance and how people understand the space they are in. When this is affected, someone may experience feelings of vertigo, unsteadiness, or dizziness, which can be triggered by movement."

Vestibular migraines are headaches that affect the ability to remain balanced and upright. These kinds of headaches can affect vision and hearing abilities as well. There are a few commonly experienced symptoms accompanying these kinds of headaches, including:

- Neck pain
- Difficulty turning the head
- Ringing in the ears
- Loss of vision
- Trouble staying upright
- Vertigo



Schedule An Appointment:
(479) 855-9348

AVOID MEDICARE CUTS TO YOUR BENEFITS!



The physical therapy community needs your help.

There is a way to fight back against the Medicare cut, but we need YOUR help! These potential cuts will make it very difficult for outpatient physical therapy providers to provide the care patients need.

This means that thousands of people may end up going without the care they desperately need, which in some cases, could put them at the risk of turning to opioid medication or expensive surgeries for temporary relief.

FYZICAL would like to ask our patients to please click on the link below and add your name to the list of people who want to #FightTheCut. It only takes a minute and it would be greatly appreciated.

<https://tinyurl.com/stopmedicarecuts>

HEALTHY RECIPE:

ONE-POT BRAISED CHICKEN WITH KALE & WHITE BEANS



INGREDIENTS

- 2 tbsp Olive oil
- 1 tsp Paprika
- 1 tsp Sea salt
- 1/2 tsp Black pepper
- 8 Bone-in, skin-on chicken thighs
- 1 Shallot, minced (about 1/2 cup)
- 1 1/2 cups Chicken broth, separated
- 1 tbsp Dijon mustard
- 2 tbsp Cold butter
- 2 tbsp Lemon juice
- 1 tsp Freshly chopped tarragon, plus more for garnish
- 1/4 cup Capers
- 10 cups Kale, stems removed, roughly chopped
- 1 13.5 oz can white cannellini beans
- 1 cup frozen pineapple chunks

DIRECTIONS

In a large skillet or braiser with a tight fitting lid heat 1 tablespoon of olive oil over medium/high heat.

In a small bowl mix together paprika, salt and pepper. Pat the chicken thighs dry and season them generously with the paprika mixture.

Place the thighs, 4 at a time, skin side down into the pan. Allow the skin to brown (about 4-5 minutes) then flip them and continue to cook for 3 more minutes.

Remove from pan, set aside. Repeat the process with the remaining thighs. Once the chicken has been removed, add the shallots to the pan and cook over medium heat until just tender.

<https://thedomestoproper.com/one-pot-braised-chicken-with-kale-and-white-beans>

Has Your Balance Been Affected By COVID-19?

The COVID-19 virus has been found to lead to a loss of function in many different areas of the body. This is an illness that truly wreaks havoc on the body. As time has passed, the list of side effects from COVID-19 has gotten significantly longer. People have reported different side effects, and some of them can be much worse than others depending on age, pre-existing conditions, and other factors. Lowered levels of overall strength, as well as balance and gait issues, are commonly reported amongst individuals recovering from the virus. Patients whose balance has been negatively affected by the virus run the risk of fall injuries. This is especially true for older adults recovering from COVID-19.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury." You don't want to be a part of this statistic. Vestibular therapy can help people recovering from COVID-19 to regain their balance and improve their gait pattern. During a vestibular assessment, a FYZICAL physical therapist will do a full evaluation of your joints, muscles, coordination, posture, inner ears, and eye-tracking capabilities. This way they'll be able to pinpoint the exact issue affecting your balance, whether it's a result of COVID-19 or an underlying condition.

How can physical therapy help? Physical therapy treatment plans are designed to help you live a happier, healthier life. When you visit a FYZICAL physical therapist, they can determine the underlying cause of your headaches and create a customized plan of action to help combat the effects your headaches have on your balance. In the case of headaches associated with balance problems, your therapist will also try to help you figure out just what triggers your headaches in the first place. Stress, certain kinds of foods and beverages, sleeping problems, hormonal changes, and bright lights are all possible triggers that may be determined during treatment.

Physical therapy treatment for headache pain and balance improvement will most likely include specific exercises that will help stabilize your gaze and help your eyes to track movement to improve balance and hand-eye coordination.

What to expect during your first appointment. You might be wondering what to expect during a physical therapy appointment at FYZICAL.

We'll tell you! First, your physical therapist will take detailed notes on your medical history, including an account of when you experience the headaches, how long they are lasting, and what kind of balance issues accompany them. If you've had COVID-19, they'll also want to know when and the symptoms you experienced. This may be followed by diagnostic testing.

Your therapist at FYZICAL may also choose to employ Juvent platform therapy, also known as "micro-impact therapy." The Juvent website states that it's an "effective solution that promotes musculoskeletal health while helping to relieve joint pain and improving balance." Besides improving your balance, this platform can help you to improve several aspects of your health, including:

- Strengthening your muscles
- Decreasing joint pain and Improving joint health
- Restoring and increasing your range of motion
- Better your circulation

Juvent platform therapy is super simple and doesn't take very much time at all! When you stand on the platform, you'll feel a pleasant stimulation that begins at your feet and legs, and continues through your torso, arms, and upper body. Our therapists have found that using this platform three times a week can significantly speed up a patient's progress as they work to improve blood flow, ease joint, neck and back pain, and increase balance and stability.

Besides utilizing the Juvent Platform technology, you may also be prescribed manual therapy and stretches as well as targeted exercises designed to improve your posture, provide pain relief, and help fight any immobility or imbalances you're experiencing. Your physical therapist will also evaluate your progress over time and make suggestions for getting the most out of your therapy experience.

Contact FYZICAL to schedule a consultation with a physical therapist. If you've recovered from COVID-19 but are struggling to maintain your balance and stay upright, it's time to seek help from a physical therapist. To learn more about Juvent Platform technology and how this natural, drug-free method can provide you with relief and improve your balance, contact our clinic today!

Source: <https://www.medicalnewstoday.com/articles/320244#migraine-overview>



(479) 855-9348



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Open Enrollment & Medicare

It's that time of year again. Since Open Enrollment is coming up, FYZICAL would like to give our patients vital information on the importance of Medicare and Medicare Advantage plans. We understand that Medicare and Medicare Advantage plans can be confusing so we've outlined the differences between them for you. If you're age 65 or older and in need of physical therapy, we strongly encourage you to contact Medicare to find out more about healthcare benefits!

Medicare and Medicare Advantage. With Medicare, you can go to any doctor or facility that accepts Medicare. All Medicare Advantage plans offer the same benefits as Medicare Parts A & B, however, **the advantage of Medicare Advantage plans is that they provide more coverage.**

Many Medicare Advantage plans cover medical and hospital costs, as well as provide coverage for dental, vision, hearing services, and prescription drugs. Medicare Advantage also has an out-of-pocket maximum each year, meaning that once you pay a specific amount, your plan will pay 100% of the cost of services. Another benefit of Medicare Advantage is that when you're traveling internationally, these plans can cover emergency care with a \$ 50,000-lifetime maximum. This can be especially beneficial for patients enjoying their retirement in other countries!

With Medicare, you will pay 20% of the cost, (or 20% coinsurance) for office visits and/or events such as outpatient surgery. With Medicare Advantage, plans use co-pays instead of coinsurance for these services - meaning you pay a set dollar amount instead of a percentage. For example, your Medicare Advantage plan might have a \$30 copay when you see the doctor. That means you'll pay \$30 every time you see the doctor, no more and no less, regardless of how much the visit costs your health insurance company. This differs from Medicare plans because, with coinsurance, you'll pay 20% of the total cost of the visit: if the visit costs \$200, you pay \$40. This percentage you're responsible for can change depending on the price of services at each provider.

Call our clinic today. FYZICAL is here to help you in any way we can. Give us a call today if you'd like to know more about how we can help you feel better, faster. We'd be happy to talk with you about your Medicare plan and how our services are covered under your insurance!

Sources: <https://www.bcbsm.com/medicare/help/faqs/works/difference-original-medicare-advantage.html>

At-Home Exercise

Use This Exercise To Improve Balance

Balance Tandem Stance

Start by placing one foot in front of your other foot in a heel to toe position. Maintain your balance. Return to starting position and repeat. Attempt this exercise alternating the opposite foot in front.



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

Patient Success Story



"The computer test showed my balance was better!"

"Had about 25 treatments and the objective was to improve balance after a stroke. I feel I have improved my balance somewhat but at 80 years of age, it's not like my balance was years ago. The computer test showed my balance was better. I'm enjoying going down to my steep boat dock again and going fishing which I never thought I would be able to do again before coming to FYZICAL." - Ray E.

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

Schedule Your
Appointment:

(479) 855-9348



FYZICAL®
Therapy & Balance Centers