



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers



# NEWSLETTER

## FINDING RELIEF FOR YOUR ARTHRITIS, WITHOUT HARMFUL DRUGS

### INSIDE:

- But Wait – Won't Exercise Increase My Pain?
- Healthy Recipe: Healthy Chewy Ginger Molasses Cookies
- At-Home Exercise: Piriformis Stretch
- How Laser and Acoustic Wave Therapies Help Treat Arthritis

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## COMING SOON! HYPERICE HYPERVOLT

Bounce right back from the impact sport and life has on your body by giving your muscles the daily relief they've been asking for with Hypervolt's percussion massage.

## QUOTE OF THE MONTH:

"The future lies before you, like a field of fallen snow; be careful how you tread it, for every step will show."

– Unknown



## Finding Relief for Your Arthritis, Without Harmful Drugs

Millions of Americans deal with the aches and pains of arthritis on a daily basis. In fact, of the 40 million people in the United States who suffer from this class of diseases, one-third say that it limits their leisure activities and daily tasks. 25% also say they are in chronic, debilitating pain on a daily basis.

While there are several medications on the market that limit pain, there are none that can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can. If you are looking to find relief for your arthritis by treating it at the source – without the risks of side effects from harmful drugs – contact FYZICAL today.

**Why is physical therapy better than medication?** A common treatment for arthritis is medication, usually for pain manageability. Your physician may prescribe NSAID pain relievers, corticosteroids, antirheumatic drugs, or antibiotics for your arthritis treatment. Medication is easy - you pop it in your mouth, chase it with water, and your pain subsides shortly afterward.

However, they can also cause some unfavorable side effects, and in some cases they can be habit-forming. With NSAIDs, you run the risk of blood clots, heart attack, or stroke. With corticosteroids, you run the risk of cataracts, high blood sugar levels, and bone loss. Luckily, there is a much safer and healthier alternative to treating arthritis: physical therapy.

A physical therapist's main goal when treating arthritis is reducing stress on the joints, increasing strength, and preserving range of motion. Some benefits to working with a physical therapist include:

- **Stretching/exercise.** Light exercises and stretching will help to increase range of motion in the affected areas.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Your physical therapist will work with you to control your weight through exercise and diet. Controlling your weight helps to prevent added stress on weight-bearing joints.
- **Rest.** Your therapist will also recommend a schedule for rest and sleep to complement your exercises. This helps the body to heal and will hopefully reduce your amount of arthritic inflammation and pain.



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Schedule An Appointment:  
(479) 855-9348

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

## 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:

HEALTHY CHEWY GINGER  
MOLASSES COOKIES



## INGREDIENTS

- 1 flax egg 1 tablespoon flaxseed meal + 3 tablespoons water
- 1/2 cup almond butter
- 1/3 cup coconut sugar
- 2 tablespoons molasses
- 1 teaspoon Simply Organic Vanilla Extract
- 1 teaspoon Simply Organic Ginger
- 1/4 teaspoon Simply Organic Allspice
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- 3 tablespoons coconut flour
- Raw turbinado sugar for sprinkling optional

## DIRECTIONS

Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside. In a mixing bowl, combine the flax egg, almond butter, coconut sugar, molasses and vanilla. Beat with an electric mixer until smooth. Add the spices, salt, baking soda and coconut flour and beat again until a sticky dough forms. Using a small cookie scoop, drop the dough onto the baking sheet, spacing the cookies at least 2" apart. Repeat until all the dough has been used. Gently flatten the cookies with your hands and sprinkle with sugar. Bake on the center rack for 11 minutes. Remove from the oven and allow the cookies to cool for 10 minutes on the pan before transferring them to a wire rack to finish cooling. Once cool, pack up and/or enjoy!

## But Wait – Won't Exercise Increase My Pain?



To put it simply – no! Your physical therapist will prescribe gentle, targeted exercises that will help your joints move freely, and will add in periods of rest during your sessions.

While many people believe that the aches and pains of arthritis are best treated with sedentary activities and rest, that is not necessarily the case – exercise keeps the body limber and warms up muscles, which prevents stiffness that can become exacerbated by arthritis.

Extended “rest” can also lead to muscle atrophy, or deterioration of muscle tissue. While arthritis generally affects the joints of the body, muscle loss increases stress on the joints, allows them to move in ways that are unhealthy and causes more pain. By doing gentle exercises under the discretion of your physical therapist, you can actually ease your arthritic aches and pains!

Low-impact exercises also contain several benefits that are not necessarily associated with the painful symptoms of arthritis. For example, feelings of fatigue that are so common in arthritis patients can be greatly reduced by low impact exercise.

After just 30 minutes of gentle physical activity, the brain is flooded by the feel-good hormones called endorphins that block pain, minimize any discomfort associated with exercise, and even create a feeling of euphoria. Furthermore, exercise increases flexibility in stiff joints and makes it easier to fall asleep and stay asleep at night.

**How can I get started on treatments?** Every treatment regimen is different based on your body's needs and your particular type of arthritis. The best way to get started on a natural, safe, and healthy treatment through physical therapy is by calling and scheduling a consultation with one of our physical therapists today.

Your physical therapist will examine your symptoms, severity of pain, and location of the arthritis, in order to determine the best individualized treatment plan for your specific needs. If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact FYZICAL. **We'll get you feeling comfortable again in no time – without the need for pain management drugs!**



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# How Laser and Acoustic Wave Therapies Help Treat Arthritis

Are you experiencing pain in your groin or stiffness in your back? Do you find it painful to go up and downstairs? You could be suffering from arthritis. Arthritis is typically associated with stiffness and aches after prolonged rest and inactivity. As the condition advances, inflammation leads to pain and loss of motion in the joints. At FYZICAL we offer laser therapy and acoustic wave therapy to help treat your arthritis pain. Call our clinic today to make an appointment.

**What Is Arthritis?** Arthritis is defined as inflammation of the joint. There are several types of arthritis, and their main characteristic is the loss of cartilage and joint disability. This cartilage breakdown affects the whole joint, causing inflammation, and bone/joint structural changes. Reactive arthritis is joint pain and swelling triggered by an infection in another part of your body and has been reported after COVID-19 vaccinations. This type of arthritis will often resolve on its own and the benefits of vaccination far outweigh its potential risks.

**How lasers and acoustic wave therapies help arthritis.** Your physical therapist assesses your condition to identify the contributing factors and address them all. Regardless of the cause of arthritis, including reactive arthritis from vaccinations, physical therapy plays a significant role in treating arthritis symptoms and should be the first step. At FYZICAL, our physical therapists help our patients by choosing to use lasers and/or acoustic wave therapies to safely and effectively reduce pain levels. This allows you to tolerate exercises that improve your mobility and function without aggravating your pain.

Laser treatments work by delivering photons into the tissues of the affected area and facilitating healing. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area. Acoustic wave therapies carry high energy to painful tissues with subacute, subchronic and chronic conditions. The energy promotes regeneration and reparative processes to the soft tissues.

**Call FYZICAL today.** Contact one of our providers today, and tell us about your symptoms. We offer the results you are looking for!

Source: <https://pubmed.ncbi.nlm.nih.gov/10955339/>

J Rheumatol. 2000 Aug;27(8):1961-9.

Low level laser therapy for osteoarthritis and rheumatoid arthritis: a metaanalysis

L Brosseau 1, V Welch, G Wells, P Tugwell, R de Bie, A Gam, K Harman, B Shea, M Morin

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5025921/>

Adv Biomed Res. 2016; 5: 138.

Comparative study of shock wave therapy and Laser therapy effect in elimination of symptoms among patients with myofascial pain syndrome in upper trapezius;

Parisa Taheri, Babak Vahdatpour, and Somayeh Andalib

## At-Home Exercise

### Use This Exercise To Stretch Lower Back

#### PIRIFORMIS STRETCH

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder. Hold for 20 seconds and repeat 3 times on each leg.



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

## Patient Success Story



**"The staff is great and will work with your time schedule as best they can!"**

"I have been there on two occasions for different issues with an aging body. The staff is great and will work with your time schedule as best they can. They have always helped me and I will return if the need arises." - **Shirley P.**

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

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