

NEWSLETTER

JUMP START YOUR NEW YEAR RECOVERING FROM PAIN WITH **HYPERVOLT & HYPERICE**

INSIDE:

- What To Expect In Physical Therapy
- Healthy Recipe: Garlic Parmesan-Stuffed Mushrooms
- At-Home Exercise: Single Knee To Chest Stretch
- Gain Relief From Pain & Improved Mobility with Juvent

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Now Available **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 percussive 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



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>

How Hypervolt & Hyperice Can Help Your Recovery

Have you noticed your muscles seem to stay sore no matter what you try? Do you find your sports injuries become nagging problems? At FYZICAL, we use the most advanced forms of treatment to help you stay in the game! Percussive massage treatment systems are a breakthrough in treating soft tissue pain and injuries. These devices help to break down adhesions in the muscles and fascia throughout the body. These adhesions are often due to limited flexibility, reduced joint range of motion, or restricted nerve mobility that causes pain. The Hyperice treatment system gives you contrast heat and cold therapy to improve circulation and speed up recovery. Using this system, you can hold a consistent temperature for as long as you need or automatically switch between hot and cold on a set program so you can recover faster.

At FYZICAL, our physical therapists use the Hypervolt and Hyperice units to help everyone from professional athletes to recreational gym-goers to those with chronic pain. Call today to set up an appointment and see if percussive massage treatment and heat and ice therapy are right for you!

What is percussive massage therapy? Percussive therapy is a massage technique involving the use of a specialized gun to deliver intense pulses and vibrations into a patient's muscles. These units are designed to treat soft tissue pain and improve circulation to the area being treated.

The Hypervolt unit uses a mechanical, high-intensity, high-powered massage. It provides rapid, short-duration pulses

that permeate deep into the muscles. This technology helps improve blood flow and lymph fluid. Improved circulation and lymphatic drainage help accelerate the repairing of injured tissues. The vibrational waves help to facilitate muscle recovery, reduce muscle pain, and decrease lactic acid build-up. In addition, it helps release tightened fascia, improves joint range of motion and muscle flexibility.

What is contrast temperature therapy? Athletes currently use various treatments in an attempt to offset the adverse effects of exercise. Athletic participation requires the body to recover physiological stressors to the musculoskeletal, nervous, and metabolic systems. Sports and training may also cause exercise-induced muscle damage, leading to delayed onset muscle soreness (DOMS). Treating tissues with quick temperature changes can help alleviate pain and speed up the rehabilitation process. This is especially true with overuse and repetitive strain injuries. The Hyperice treatment system will help reduce pain and inflammation with the contrast temperature of hot and cold or steady use of cold. Your therapist may also use the consistent heat option to reduce tension and aches.



Schedule An Appointment:
(479) 855-9348

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

HEALTHY RECIPE:

GARLIC PARMESAN-STUFFED MUSHROOMS



INGREDIENTS

- 15 mushrooms
- 1 tbsp canola oil
- 2 tbsp garlic, chopped
- ½ tsp kosher salt
- ½ tsp black pepper
- 8 oz cream cheese, softened
- ¼ cup italian breadcrumbs
- ½ cup shredded parmesan cheese, divided
- 2 tbsp fresh parsley, chopped
- 1 teaspoon kosher salt
- 1 tsp black pepper
- fresh parsley, chopped, to garnish

DIRECTIONS

Preheat oven to 350° F (180°C). Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Remove from heat. In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. Space out the mushroom caps evenly on a baking sheet, upside down. Top a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes. Garnish with a sprinkle of parsley, then serve!

<https://tasty.co/recipe/garlic-parmesan-stuffed-mushrooms>

What To Expect In Physical Therapy



At FYZICAL, we are committed to improving health in the communities we serve through compassionate high-quality care, injury prevention, and wellness education. Our physical therapists help athletes recover from sports injuries in a variety of ways.

We will start with an injury evaluation and a physical assessment to identify all the factors contributing to the injury and/or soreness. This consists of a thorough history to understand your training schedule and the demands placed on your body. Understanding the source of your pain and teaching you how to manage it can help you be proactive and find a solution. We will help you modify everyday activities and tasks to give you the confidence and freedom to resume the things you have been avoiding. We will use this information to develop a comprehensive program to reduce pain and improve motion. We will use targeted massage techniques, including the Hypervolt system, mobility work, strengthening, and any appropriate pain relief technique, including the Hyperice unit.

The initial aims of physical therapy are to alleviate pain and reduce any swelling contributing to your soreness. As your symptoms improve, your program will progress in intensity. We will continue to monitor your recovery using the necessary therapies to achieve the best possible outcomes. Your physical therapist will then incorporate sport-specific treatments with a “return to sport” progression to assist you in a safe return to training and competition. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Contact us today to schedule an appointment. At FYZICAL, we strive to be the lead provider in our field. We aim to not only rehabilitate our clients, but to also help them achieve their maximum fitness levels. **Call today to schedule an appointment with one of our highly trained physical therapists and learn more about how Hypervolt and Hyperice treatments can aid in your recovery.**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7675623/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3633882/>
<https://osf.io/preprints/sportsrxiv/9ya8/>



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Gain Relief From Pain & Improved Mobility with Juvent

If you don't use your muscles, they begin to atrophy, growing weaker and less effective. Your bones work the same way: without exercising the muscles surrounding them, they can become brittle and thin. Juvent's low-magnitude mechanical impulses passively exercise your bones and muscles, increasing blood flow, relieving pain, and helping increase strength. Juvent Health's patented system uses the science of low-magnitude mechanical impulses to safely exercise your bones, muscles, and joints.

We gathered a story on how Juvent contributed to a recovered COVID patient:

Queens emergency room physician Dr. Louis Rotkowitz became severely ill with COVID-19 back in March. While he has largely recovered, he still contends with debilitating symptoms – an experience that's becoming more common among coronavirus patients.

Dr. Rotkowitz says he was exposed after his mask was dislodged while intubating a patient. "I can't even begin to describe the pain, the body aches, the fever, my entire body was falling apart. But the worst part of it were the nightmares," he said.

While he was able to go back to work in July, Dr. Rotkowitz says he still experiences strange pains in his body.

He owes a large part of his recovery to the New York Dermatology Group, who treated him with Juvent, a dynamic motion therapy that stimulates stem cells. "I truly feel," Dr. Rotkowitz said, "that it brought me from, at the beginning of my recovery being around 70 percent, to where I am now [around 90 percent.]"

However, he still has a long road ahead of him. "My body had sustained damage on a molecular level," said Dr. Rotkowitz. While he has hope he will fully recover, he says tests have shown lung restriction and there is no guarantee he will return to his former health. Still he says he is very fortunate, and says his experience is motivating him to finish his master's degree in public health in order to help patients like him.

His advice to New Yorkers? "Take this very, very seriously. Practice social distancing, wear a mask, it does work."

Source: <https://www.ny1.com/nyc/all-boroughs/news/2020/08/06/months-after-coronavirus-battle-symptoms-remain-for-emergency-room-doctor-in-queens>

Patient Success Story



"It has been years since my knee has felt this good!"

"I had hurt my knee on my stairs and could not bear any weight on it. My doctor had sent me to FYZICAL. Over the last 16 visits, I have been able to walk without my knee brace and I can walk normally now! It has been years since my knee has felt this good. All of the therapists here are amazing people and I will miss coming here. " - **Starla S.**

At-Home Exercise

Use This Exercise To Stretch Legs

SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.



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 Appointment:

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FYZICAL[®]
Therapy & Balance Centers