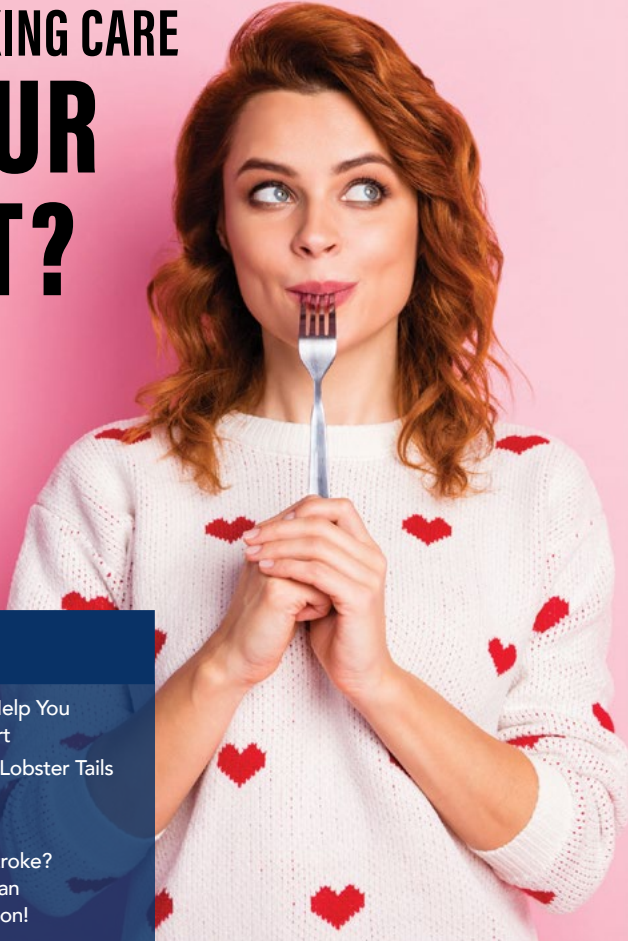


# NEWSLETTER

## ARE YOU TAKING CARE OF YOUR HEART?



### INSIDE:

- Physical Therapy Can Help You Take Care Of Your Heart
- Healthy Recipe: Baked Lobster Tails
- At-Home Exercise: Hip Hinge | Stick on Back
- Have You Suffered A Stroke? Stroke Rehabilitation Can Help You Regain Function!

Visit us online at [www.fyzical.com/bella-vista](http://www.fyzical.com/bella-vista)



# FYZICAL®

Therapy & Balance Centers

## NEWSLETTER

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### We Proudly Carry HYPERICE & HYPERVOLT PRODUCTS

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:

"Loving is not just looking at each other, it's looking in the same direction."

– Antoine De Saint-Exupery



### ARCHIES FLIP FLOPS

Supportive flip flops perfect spring break on the beach



We offer Archies flip flops, perfect for the upcoming spring weather and a supportive footwear that can help reduce plantar fasciitis. When you are searching for best flip flops for plantar fasciitis, you should look for key features such as excellent arch support to keep your feet from flattening out and help limit pronation, contoured footbed to promote alignment by evenly distributing your weight across your foot, and deep heel cup to keep your heel padded while keeping you stabilized with every step. Archies flip flops is your go-to footwear!

## Show Your Heart Some Love & Care With Better Health

February is American Heart Month. Since Valentine's Day is right around the corner, it's a fantastic time to start loving and appreciating the organ responsible for keeping you alive: your heart! The heart's primary function is to pump oxygen-rich blood throughout your body. Since your heart is vital to your survival, it's necessary to keep it in good shape by eating a well-balanced diet, exercising regularly, and avoiding anything that can cause damage to it. Physical therapy at FYZICAL can help you improve your heart health and fitness in various ways! This month is all about showing the ones you love how much you love them, but don't neglect yourself in the process! Make an appointment with our clinic today to learn how you can maintain good heart health and overall fitness this year.

**Tips for better heart health.** When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. You may have heard of plaque on your teeth, but this kind of plaque is different! Plaque forming in your arteries is the cause of heart attacks and artery blockages. Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape! The following are some of the ways you can make sure your heart continues to perform at its best.

- **Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercise regularly can help you lose weight and enhance your attitude as well.
- **Participate in strength training:** Strength training is one of the most effective injury-prevention strategies. Your therapist can help you develop safe strength-

training techniques.

- **Maintain mobility of the joints and muscles:** Stretching keeps you active and makes you feel better. Knowing the right workouts and therapies for your joint and muscle pain will help you feel better and enhance your overall health.
- **Eat healthy meals:** Nutrition plays a huge role in heart health. Fruits, vegetables, whole grains, low-fat dairy, legumes, skinless chicken and lean meats, and fatty fish such as salmon should all be in your diet. Saturated and trans fats, salt, and added sugar should all be avoided. You should also limit your salt intake, especially if you already have high blood pressure.
- **Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation. Alternatively, scheduling 15 minutes of quiet time each day to unwind can also be helpful. The heart is a muscle, remember? The less stressed out you are, the less tension and stress you place on your heart.

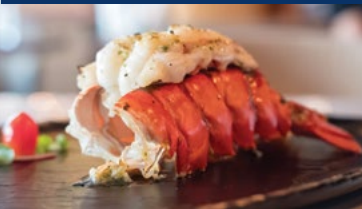
The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

**Schedule An Appointment:  
(479) 855-9348**

Take your health to another level! Visit us & recover naturally.

# HEALTHY RECIPE:

## BAKED LOBSTER TAILS



### INGREDIENTS

- 4 (4 oz) or 2 (8 oz) fresh/frozen, thawed lobster tails
- 3 tbsp unsalted butter, softened
- 1 tsp chopped fresh flat-leaf parsley, plus more for garnish
- 1 tsp grated lemon zest
- 1 tbsp lemon juice
- 1/8 tsp salt
- Lemon wedges for serving

### DIRECTIONS

Preheat oven to 400°F. Line a rimmed baking sheet with foil. Cut along the length of each lobster tail shell; do not cut through the wide end of the tail. Using a knife, make a shallow cut in the meat, leaving the fan intact. Remove the vein running through the tail. Using your fingers, loosen the meat from the shells, but do not remove the shells. Place the tails on the prepared baking sheet.

Combine butter, parsley, lemon zest, lemon juice and salt in a small bowl. Mash with a fork until well combined. Divide the butter mixture evenly among the lobster tails and spread the mixture evenly over the lobster meat.

Bake the tails for 10 minutes. Transfer the tails to a plate and spoon any melted butter from the baking sheet over them. Garnish with chopped parsley and serve with lemon wedges, if desired.

<https://www.eatingwell.com/recipe/7881193/baked-lobster-tails/>

## Physical Therapy Can Help You Take Care Of Your Heart



If you're looking for a safe way to improve your heart health, physical therapy is a great option. Our team comprises movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We play a leading role in preventing, reversing, and managing lifestyle-related conditions. Our therapists are movement experts who can help patients improve their heart health by advising them on lifestyle adjustments. Therapy for improved heart health may also include daily exercises and stretches, many of which you can perform at home on your own!

Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future. Every program FYZICAL designs is based on the patient's individual needs. Learning to move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. Your therapy program will never push your body past what it can safely handle. We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up.

**Love your heart, love your life.** This month is all about loving and appreciating others, but don't forget to take care of yourself! Caring for your heart is just as important as caring for any other part of your body. After all, you've only got one, so you must look after it properly! Physical therapy can help you get back into shape in a safe, healthy way while also considering your heart's limits, needs, and overall function.

Are you looking for assistance with improving your heart health and increasing your strength and physical activity? Our team at FYZICAL would love to help you live the highest quality of life possible. **Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!**



(479) 855-9348



[www.fyzical.com/bella-vista](http://www.fyzical.com/bella-vista)



## Have You Suffered A Stroke? Stroke Rehabilitation Can Help You Regain Function!

Are you looking for a physical therapy clinic where you receive a comprehensive stroke rehabilitation program that enables you to reach your highest level of independence? At FYZICAL, our therapists are the leaders in post-stroke rehabilitation! Atrial fibrillation puts you at a 3-5 time increased risk of ischemic stroke. Rehabilitation to enhance recovery should start within the first couple of days after the ischemic event and continue in the first 3-6 months. The majority of improvements are in the first three months after a stroke, which is why it is vital to your recovery to have access to a comprehensive rehabilitation program. At FYZICAL, our therapists are skilled professionals who can help you recover your function using tools like the "Safety Overhead Support System" that allows you to regain your balance and gait in a safe environment. Call FYZICAL today and let our team help you maximize your functional return!

**How outpatient physical therapy can help stroke survivors.** Suffering a stroke is associated with multiple medical complications and poor functional outcomes. A good evidence-based, comprehensive rehabilitation program is the key to recovery and independence. Our physical therapists will start with a thorough evaluation and a movement assessment to identify all the factors contributing to your current functional abilities. This evaluation will determine the severity of weaknesses or limitations that may affect your recovery.

We will use this information to develop a comprehensive program that includes targeted mobility work, gait and balance training using our Safety Overhead Support System, strengthening, and dynamic stability exercises to restore function and prevent falls. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure we maximize your recovery.

**Give our office a call today.** At FYZICAL, our team of physical therapists is experts at treating stroke-related balance and gait limitations. We have proven success with treating patients with a comprehensive rehabilitation program, including using the Safety Overhead Support System. **Call today to schedule an appointment with one of our specialists.**

Sources: <https://www.ahajournals.org/doi/10.1161/str.000000000000098>  
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<https://www.ahajournals.org/doi/full/10.1161/01.STR.29.6.1122>

## At-Home Exercise

### Use This Exercise To Strengthen Glutes

#### HIP HINGE | STICK ON BACK

Hold stick on back with 3 points of contact: tailbone, upper back, and head. Keep your big toe and little toe in contact with the ground with knees softly bent as you push your hips back until you feel a stretch in your buttocks and hamstrings. Engage your core, buttocks and hamstring as you come back up to standing. Repeat 10 times, three sets.



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

## Patient Success Story



**"I can golf and walk normally again!"**

"Needed a lot of help after a stroke. Long process but I can golf and walk normally again. Kudos to the staff."

- Gregory W.

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

**Schedule Your Appointment:**

**(479) 855-9348**



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