

NEWSLETTER

PREPARING FOR YOUR SPRING TIME ACTIVITIES & AVOIDING INJURY

INSIDE:

- How Can PT Assist Me In Recovering From A Sports Injury?
- Healthy Recipe: Healthier Deviled Eggs
- At-Home Exercise: Heel Raise
- Family-Friendly Spring Activities

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





FYZICAL®

Therapy & Balance Centers

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Spring Into Action with the Help of FOOTMAXX

From custom milled orthotics to orthotic footwear to braces, Footmaxx products are handcrafted for people who require better foot function in everyday activities. Footmaxx devices and products are highly recommended for patients this Spring!

QUOTE OF THE MONTH:

"Here comes the sun, and I say, it's all right."

– The Beatles



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!

Are You Ready To Get Active This Spring?

Is the risk of injury holding you back from participating in springtime activities like pickleball, golf, or tennis? At FYZICAL, our therapists are movement experts who can help you recover from an injury and even show you how to avoid one in the first place. Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities. However, at FYZICAL, we understand that the fear of injury can prevent you from initiating the steps needed for a healthy and active lifestyle, especially if you've been injured in the past. If you need an extra push to get ready to engage in your favorite springtime activity, physical therapy can help.

Request an appointment with FYZICAL today to learn more about how we can help with injury prevention and recovery this spring!

Common sports injuries. Most sports injuries occur when people are ill-prepared for physical activity and rush into it without first increasing their strength, endurance, and flexibility. To function properly, your muscles, tendons, ligaments, and other tissues must be warmed up. They are subjected to a great deal of strain while running and participating in sports.

As a result, if your muscles, tendons, and ligaments are not in peak condition, they are more vulnerable to injury. Sports injuries are injuries to the musculoskeletal system, which includes muscles, bones, and tissues like cartilage. The following are the most common sports injuries:

Sprains: When the connective tissue that connects one end of the bone to another is stretched or torn, a sprain occurs. Sprains are caused by trauma, such as a fall or a blow to the body that causes a joint to move out of place. Sprains are most common in the ankles, knees, and wrists.

Strains: When a muscle or tendon is pulled, torn, or twisted, it causes a strain. Strains are non-contact injuries that occur as a result of overstretching. Muscle spasms are a common type of strain.

Torn shoulders: A torn shoulder is the result of an injury to the rotator cuff. The rotator cuff is made up of tendons and muscles that surround the shoulder joint.

- Other sports injuries may include:
- Tennis or golf elbow
- Frozen shoulder
- Hip flexor strain
- Muscle tears
- Bone fractures

Physical therapy can help you condition your body for sport whether you play golf, pickleball, bowling, swimming, tennis, or another sport. Physical therapy may also be able to help you recover from previous injuries that may not have healed properly, so you can enjoy this spring without the fear of reinjury.

Schedule An Appointment:
(479) 348-4318

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

HEALTHY RECIPE:

HEALTHIER DEVILED EGGS



INGREDIENTS

- 6 large eggs
- 1 Tbsp plain or garlic hummus
- 1 tsp dijon or spicy mustard
- 1 tsp apple cider vinegar
- 1 tsp olive oil or avocado oil
- 1 ½ tsp raw honey (or sub maple syrup)
- 1/4 tsp ground turmeric
- 1 pinch cayenne pepper
- 1 pinch smoked paprika, plus more for toasting
- 1/4 tsp sea salt, plus more to taste
- 1-3 Tbsp water

DIRECTIONS

Hard-boil the eggs by method of your choice. Once the eggs have been boiled, cooled, and peeled under cool running water, pat dry and halve with a sharp knife. One at a time, tip the eggs over (cut-side down) and transfer the yolks into a small mixing bowl. To the yolks, add hummus, mustard, apple cider vinegar, oil, honey, turmeric, cayenne, smoked paprika, and salt. Mash to combine. Add water a little at a time until a smooth paste is formed. Then taste and adjust flavor as needed, adding more salt to taste, vinegar for acidity, honey for sweetness, cayenne for heat, paprika for smokiness, or hummus for fluffy texture / garlic flavor. Transfer filling to a small piping bag or plastic bag with the corner clipped to pipe the yolk filling into the cooked egg whites (or simply use a spoon to fill the eggs).

Source: <https://minimalistbaker.com/mayo-free-deviled-eggs/>

How Can PT Assist Me In Recovering From A Sports Injury?



To provide you with relief and prevent you from sustaining the same injury in the future, your physical therapy program may include any or all of the following treatment methods:

- Using cryotherapy and heat therapy in combination to relieve tissue pain and inflammation.
- Chiropractic adjustments can help to normalize your spinal alignment and improve the function of your spinal joints.
- Lifestyle changes to avoid putting undue strain on the back.
- Cold laser therapy/ massage therapy to soothe, warm, and relax tight muscles and connective tissues.
- Stabilization exercises can help keep your spinal components in place as you go about your daily activities (especially if your pain is related to a spinal injury)
- Strengthening exercises to help you maintain a straighter posture and enjoy better spinal support.
- Orthotics to compensate for foot or leg imbalances that are straining your muscles
- Flexibility exercises to gently and carefully extend your pain-free range of back motion

During your initial appointment, your therapist will ask you a series of questions to determine where you are experiencing pain and discomfort. They will also inquire about your medical history in order to rule out any underlying causes of your condition that are unrelated to sports.

They will then collaborate with you to develop a personalized treatment plan. The goal of this treatment plan is to help you regain your full range of motion and function, as well as to allow you to return to your sport this spring without pain or discomfort.

Ready for an action packed spring? Contact FYZICAL today! At FYZICAL, we understand how important your sport is to you. Getting active with others is a great way to improve your physical and mental health, and make lasting connections with your peers.

We don't want you to miss out on getting active this spring. If an injury is preventing you from taking to the field or court, contact our clinic today. We can help provide pain relief and ensure you enter your season, no matter your sport, ready to perform!



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Family-Friendly Spring Activities

Try a new outdoor sport. Try picking up a new outdoor sport such as biking, rollerblading, hiking, golfing, fishing, or kayaking. These are all fun things you can do to get your blood pumping and introduce more physical activity into your routine!

Visit an outdoor farmers market. Visiting an outdoor farmers market gives you a chance to get some fresh air and hand-select the best produce, jams, preserves, and jellies for you to take home to try.

Break out the gardening tools. Gardening is a great spring activity that provides some physical activity, and an excuse to get fresh air. Make sure to start with great soil and research the types of flowers and foods that grow the best in your climate.

Take a scenic drive. Try getting off the interstate and going the long way around to see some trees, fields, or parks - just make sure you have a GPS or know how to get home safely!

Make the most of this spring. We all deserve to enjoy spring for what it is: a new beginning. Try some of these fun activities to add a bit of joy to your daily routine, and don't forget to keep a mask handy at all times!



At-Home Exercise

Use This Exercise To Strengthen Legs

HEEL RAISE

Stand while holding a chair as shown. Slowly stand on your tip toes, lifting your heels as high as you can and hold the position. Then repeat to the starting position. Repeat 10 times.



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

Patient Success Story



“Dr. Ong is a consummate professional and expert physical therapist!”

“Dr. Ong is a consummate professional and expert physical therapist. His group employs the latest technologies while at the same time using tried-and-true therapy techniques to heal. Highly recommend.”

- Rush S.

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

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