

# NEWSLETTER

## AVOID SURGERY & MANAGE YOUR PAIN WITH PHYSICAL THERAPY

### INSIDE:

- What Can I Expect From Physical Therapy?
- Healthy Recipe: Baked Falafel
- At-Home Exercise: Heel Raise
- 5 Benefits Of Spring Cleaning
- Patient Success Story

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## Looking For Treatment That Doesn't Involve Surgery?

Do you have a chronic pain condition or general aches and pains? Have you been searching for a course of treatment that doesn't involve surgery? Physical therapy may be your key to a happier and healthier life!

At FYZICAL, we understand the desire to avoid surgery. Our highly trained team uses the most advanced strategies to help alleviate pain and prevent recurring injury. And the best part is, we use only conservative and natural treatment options! Are you ready to start on the path towards natural pain relief? Contact FYZICAL today to schedule an appointment. Our team of dedicated therapists can treat your pain and return you to a more comfortable life.

### What treatment options are available at FYZICAL?

There is a wide variety of treatment options available at our physical therapy clinic. Depending on your injury or condition you may be prescribed one or more of the following therapeutic modalities.

**Acoustic wave therapy.** Acoustic wave therapy (AWT) is a mechanical stimulation that promotes the body's natural healing processes. In AWT, sound waves are used to stimulate natural, safe reactions within tissue to help the tissues return to their optimal and homeostatic state. AWT can treat a huge range of conditions, ranging from musculoskeletal injuries to chronic pain. One of the main benefits of AWT is the creation of new blood vessels. This increases blood flow to injured or weakened areas and helps eliminate inflammatory cells that cause pain.

**Laser therapy.** Laser therapy is a medical treatment that uses concentrated light to treat patients. This non-invasive technique promotes cellular healing and decreases

inflammation. Laser therapy can reduce pain and restore normal range of motion to the dysfunctional area. Though this method of treatment might sound intimidating, it is perfectly safe and has been approved by the FDA since 2003! This treatment option offers a safer alternative to surgery and the continued use of prescription medication.

**Craniosacral therapy.** According to Cleveland Clinic, "Craniosacral therapy (CST) is a gentle hands-on treatment that may provide relief from a variety of symptoms including headaches, neck pain and side effects of cancer treatment among many others." When a therapist performs CST, they use a gentle touch to move fluids in and around the central nervous system. Reducing tension in the central nervous system promotes a sense of well-being by alleviating pain and improving health and immunity.

**Myofascial release therapy.** Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by massage therapists, physiotherapists, and chiropractors and focuses on specific pressure points to bring the myofascial back to its elastic form. This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process. *(continued inside)*

**Schedule An Appointment:**  
**(479) 348-4318**



## Purchase Your HYPERVOLT GO PRODUCTS TODAY!

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. Hurry before prices go up!

## QUOTE OF THE MONTH:

"Nothing is IMPOSSIBLE. The word itself says 'I'M POSSIBLE.'"

– Audrey Hepburn

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

# HEALTHY RECIPE: BAKED FALAFEL



## INGREDIENTS

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 TBS ground flaxseed
- 1 TBS olive oil

## DIRECTIONS

Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 TBS of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 minutes, flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>

# What Can I Expect From Physical Therapy?



*(continued from outside)*

**Manual Therapy.** Manual therapy is a type of physical therapy used to treat musculoskeletal pain and disability. It primarily consists of muscle kneading and manipulation, joint mobilization, and joint manipulation. Manual therapy techniques move muscles and joints and include the following:

- Palpation
- Stretching
- Gentle and high-pressure forces
- Gentle and strong resistance of movements to affect change
- Rapid and/or forceful manipulation

These treatments assist a physical therapist's rehabilitation program by encouraging your body to heal itself. Manual techniques aim to ensure that your bones and muscles are aligned, balanced, and functioning correctly.

### What can I expect from physical therapy?

Physical therapy should start immediately following most injuries to ensure the fastest recovery possible. Understanding the stages of healing is essential to resolve your condition promptly. Our therapists will begin with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain/

injury. We will use this information to identify the most likely tissue causing your pain and dysfunction. Based on the stage of healing you are in, we will develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the fastest possible recovery.

Our team will interpret the clues your body is giving you and provide you with clearly defined instructions on how long it will likely take to resolve your problems. Our goal is to help you recover using the body's natural, noninvasive systems for healing.

### Request an appointment at FYZICAL today!

At FYZICAL, our physical therapists are experts at treating all musculoskeletal-related injuries. When you make an appointment with us, you'll gain access to a wide variety of treatment options to relieve your pain. Are you ready to recover without undergoing surgery? **Call today to schedule an appointment with one of our specialists!**

Sources: <https://franklinstitute.com/acoustic-wave-therapy-what-is-it-and-what-does-it-do/>  
<https://www.vtc.com/insights/blog/laser-therapy-physical-therapy-perfect-treatment-pairing/>  
<https://my.clevelandclinic.org/health/treatments/117672-craniosacral-therapy>



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# 5 Benefits of Spring Cleaning



**1. A clean home is better for your immune system.** Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

**2. It's an easy way to get active.** Cleaning can be a real workout! From sweeping the floors, to scrubbing tile, to moving older furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

**3. It lessens the possibility of injury.** A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

**4. It improves concentration and mood.** Studies show that a clean home has a positive effect on your daily mood and ability to focus/complete tasks. Now that so many of us are working from home, this has never been more important!

**5. You can donate unused items to others.** Part of cleaning is going through old and unused items to see what can find a new home. Not only is donating to charity emotionally rewarding, it helps free up space in your home and can encourage you to become more organized.

## Patient Success Story



**"I feel like I have a chance to move forward in my recovery!"**

"I like the therapy because they have a very thorough evaluation compared to the therapy group I used before. After having a poor experience with other therapy, now I feel like I have a chance to move forward in my recovery. Excellent facilities and very friendly atmosphere."

- Sheila L.

## ARCHIES FLIP FLOPS

Supportive flip flops perfect for 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. Archies flip flops is your go-to footwear!



## At-Home Exercise

Use This Exercise To Stretch Your Back

### SIDELYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.



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