

# NEWSLETTER

RESTORE MOVEMENT, KEEP CREATING MEMORIES

## GAIN RELIEF FROM ARTHRITIS PAIN WITH PHYSICAL THERAPY

### INSIDE:

- What To Expect With Physical Therapy
- Healthy Recipe: Overnight Blueberry French Toast
- At-Home Exercise: Wrist Extension Stretch | Prayer
- Tips For Planting A Potted Herb Garden
- Patient Success Story

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



## INSIDE:

- What Can I Expect From Physical Therapy?
- Healthy Recipe: Overnight Blueberry French Toast
- Tips For Planting A Potted Herb Garden
- At-Home Exercise: Wrist Extension Stretch | Prayer
- Patient Success Story



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 percussion massage. Hurry before prices go up!

## QUOTE OF THE MONTH:

"Life is like riding a bicycle. To keep your balance, you must keep moving."  
- Albert Einstein



## A Holistic Approach to Finding Arthritis Relief

Have you been dealing with the aches and pains of arthritis? Are you tired of taking medication to get relief? We can give you solutions that work without nasty side effects! At FYZICAL, our physical therapists take a holistic approach to resolving your arthritis pain.

Approximately 40 million people in the United States suffer from arthritis, and one-third say it limits their leisure activities and daily tasks. Around 25% of these individuals also say they are in chronic, debilitating pain daily. While there are several medications on the market that limit pain, none can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can give you solutions that reduce your pain and improve your function without side effects!

If you are looking to find relief for your arthritis, we can help! Start by treating it at the source; contact FYZICAL today!

### Why is physical therapy better than medication?

The most common treatments for arthritis are physician-prescribed medication, usually NSAIDs, corticosteroids, or anti-rheumatic drugs. Unfortunately, although it is easy to pop it in your mouth, medication will cause side effects, which can be more dangerous than arthritis itself. 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 primary goal when treating arthritis is reducing stress on the joints by increasing strength, preserving or improving range of motion, and teaching balance and coordination exercises. Some benefits to working with a physical therapist include:

- **Stretching/Mobility Exercises:** Restoring motion ensures the joint receives proper blood flow to keep existing cartilage healthy and strong.
- **Exercise.** Light exercises focusing on getting the muscles around the joints stronger helps to reduce the forces through the joint and alleviate the pain simultaneously.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Reducing/controlling your weight helps to prevent added stress on weight-bearing joints.
- **Proper Nutrition:** Avoid processed and sugary foods that cause inflammation in your body and negatively impact your arthritis symptoms.
- **Sleep.** Proper rest helps the body heal, improves your immune system, and helps reduce your inflammation and pain.

Physical therapy works by taking a holistic approach to reducing the pain and inflammation in your joints without medications. Treatments to improve strength, balance, and coordination have also been shown to help reduce pain and improve tolerance to daily activities. The healthier your lifestyle choices, the less wear-and-tear to your joints, thus reducing inflammation and pain.

*(continued inside)*

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

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

# HEALTHY RECIPE:

## OVERNIGHT BLUEBERRY FRENCH TOAST



### INGREDIENTS

- 12 slices day-old bread, cut into cubes
- 16 oz cream cheese, cut into cubes
- 2 c fresh blueberries, divided
- 12 eggs, beaten
- 2 cups milk
- 1 teaspoon vanilla extract
- 1/3 c maple syrup
- 1 c white sugar
- 2 tablespoons cornstarch
- 1 c water
- 1 tablespoon butter

### DIRECTIONS

Lightly grease a 9x13 in baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle 1 c blueberries over the cream cheese, and top with remaining bread cubes. In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover, and refrigerate overnight. Remove the mixture from the refrigerator about 30 min before baking. Preheat the oven to 350 F°. Cover, and bake 30 min. Uncover, and bake 25 to 30 min, until center is firm and surface is lightly browned. In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 min. Mix in the remaining 1 c blueberries. Reduce heat, and simmer 10 min, until the blueberries burst. Stir in the butter, and pour over the baked French toast.

Recipe: <https://www.allrecipes.com/recipe/15057/overnight-blueberry-french-toast/>

# What To Expect With Physical Therapy



*(continued from outside)*

While many people believe that the aches and pains of arthritis are best treated with rest and avoiding any activity that hurts, this is not the case. In fact, rest and avoidance lead to more pain and disability. Exercise keeps the joints limber and the muscles strong, preventing arthritis from getting worse.

Your physical therapist will examine your symptoms, severity of pain, and location of arthritis, to determine the best-individualized treatment plan for your specific needs.

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 holistic, safe, and healthy treatment through physical therapy is by calling and scheduling a consultation with one of our physical therapists today.

We will develop a comprehensive program that includes targeted manual techniques, mobility work, and strengthening to reduce inflammation and provide greater support to the joints. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

**Get started today!** If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact FYZICAL today.

Pain and inflammation relief is possible with the help of physical therapy. We'll get you feeling comfortable again in no time – without the need for pain management drugs!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5772852/>  
<https://www.sciencedirect.com/science/article/pii/S106345841931297X>



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# Tips for Planting a Potted Herb Garden



Here are a few tips and tricks to ensure your potted herb garden is successful this spring:



**1. Be mindful of what you plant.** One of the exciting things about a potted herb garden is that you can grow as many different types of herbs as you want in the same container. However, before you start planting, be sure to do some research on the sun, water, and soil requirements of each herb. For example, rosemary prefers hot and dry conditions, whereas parsley requires consistent moisture. As a result, they would not get along in the same pot.

**2. Choose the right container.** As long as it has good drainage, you can use almost anything as a herb container. However, it's important to be aware that using smaller pots means you need to be extra cautious in how much you water your herbs. Too much or too little water can be especially detrimental to an herb in a small pot.

**3. Use high quality soil.** The best way to ensure a healthy start to your container garden is by using high quality soil. Container soil should be lighter in density than traditional garden soil. You can also add organic matter, like perlite or peat moss, to the mixture to improve drainage and moisture retention.

## 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 Add Flexibility To Your Wrists

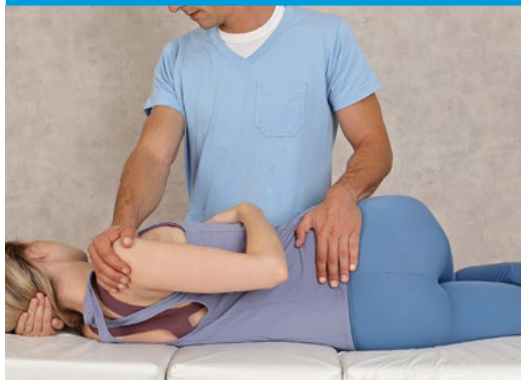
### WRIST EXTENSION STRETCH | PRAYER

Stand with good posture. Place your palms together in front of your chest right below your chin. Slowly lower your hands keeping your palms together as shown until you feel a mild to moderate stretch under your forearms. Hold for at least 15 to 30 seconds. Repeat as needed.



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

## Patient Success Story



**"I feel better today than I have in years after treatment!"**

"Today was my 1st visit. I have lived with ongoing pain in my lower back, neck and sciatic nerve (left rear). Today I worked with Stewart, He is wonderful. I feel better today than I have in years after treatment. In a nutshell, I now have hope that I haven't had for almost 9 years. I can't wait to be the next success story!"

- Mary M.

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

**Schedule Your Appointment:**

**(479) 348-4318**

