

NEWSLETTER

DO YOU HAVE DIFFICULTY WALKING DUE TO BACK PAIN?

INSIDE:

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- Healthy Recipe: Strawberry Scones
- At-Home Exercise: Lumbar Extension
- Better Golfing This Summer
- Patient Success Story

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Gain A 'Pep To Your Step' When You Seek Back Pain Relief

Do you find it challenging to go for a walk because of back pain? Have you noticed how your walk has changed since your back pain started? You are not alone! Fortunately, physical therapists are experts in treating back pain and assessing your gait!

For those who struggle with chronic back pain, even the essential task of going for a walk can be overwhelming and painful. Back pain seems like it can strike at any time. Whether in the upper back and neck or in the lower back, back pain can affect even the most basic activities like walking. The only thing that can fix your back pain is addressing the issue causing your pain head-on. Our physical therapists are an excellent resource for managing your back pain and difficulty walking.

Call FYZICAL today for our comprehensive assessment of your back and your gait! We can be a helpful tool in getting you back on your feet.

How back pain affects your gait. Whether your back pain started after a sudden injury or due to a chronic issue that has developed over time, it is common to interfere with everyday activities like walking.

People with low back pain often walk slower than people without pain. In addition, the coordination of how you also walk changes. When you are in pain, you tend to walk "out-of-phase," meaning the rotation of the pelvis and thorax are less synchronized. It is thought that you

will do this out-of-phase gait to avoid significant (or fast) rotations in the back.

It is also common for people in pain to have increased muscle activity on the painful side of their back. This change in muscle tension can influence your step length, step time, stride length, velocity, and cadence.

At FYZICAL, our physical therapist can be the answer to helping you enjoy a life free of back pain. And the secret to success is learning to approach recovery one step at a time.

How physical therapy can help. When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it. Physical therapists are experts at treating musculoskeletal problems like back pain and gait difficulties.

Our physical therapist will look at you as a whole person rather than a single issue. We will assess your particular condition to identify the contributing factors and address all of them. We understand that trying to resolve back pain without addressing the difficulty of walking will not provide the solutions you need for long-term success.

(continued inside)

**Schedule An Appointment:
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ARCHIES FLIP FLOPS

Supportive flip flops perfect for summer break on the beach

We offer Archies flip flops, perfect for the summer weather and a supportive footwear that can help reduce plantar fasciitis. Hurry and place your order before summer ends! Your feet will love you for it.

QUOTE OF THE MONTH:

"I have not failed. I've just found 10,000 ways that won't work."

– Thomas A. Edison

Don't put off good health! Visit us & recover naturally.

HEALTHY RECIPE: STRAWBERRY SCONES



INGREDIENTS

- 1 cup fresh strawberries, cut into small pieces
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1/4 cup sugar plus 1 tsp for topping
- 1/4 tsp salt
- 2 tsp baking powder
- 1/4 cup (half stick) frozen butter
- 3/4 cups 1% light buttermilk, cold
- 1 tsp vanilla

DIRECTIONS

Preheat the oven to 400F. Measure out 1/4 cup of sugar and remove 1 tbsp. Mix strawberries with 1 tbsp of sugar and set aside. In a large bowl, mix all the dry ingredients including the remaining sugar. Using the large holes of a cheese grater, grate the frozen butter into the flour. Mix well with flour. In a medium bowl, mix the buttermilk, vanilla. Using a fork, slowly stir in the wet ingredients to the dry ingredients, until all the mixture is moistened. Do not over work the dough. Fold in the strawberries. Line a cookie sheet with a silicone sheet or parchment paper. Drop 8 equal large spoonfuls onto the cookie sheet (to avoid tough scones, do not press or compact). Sprinkle with one teaspoon of sugar. Bake in the center rack 18 minutes. Remove and let them cool about 5 minutes before eating.

Recipe: <https://www.skinnytaste.com/low-fat-strawberry-scones/>

What To Expect At Physical Therapy



(continued from outside)

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. Physical therapy treatments are effective at improving your pain levels and the way you walk. When you are experiencing recurring back pain—especially if you are experiencing back pain while walking—you should consider ways to reduce back pain by taking small steps to support your back. You can do several things at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day. Your therapist will teach you strategies like:

- **Standing tall whenever you are standing or walking.** Work on improving your posture. If you are slouching when you walk, that may impact how your back feels. Make a point of keeping your shoulders square and your back straight as you walk.
- **Making sure that you are wearing suitable types of shoes.** The golden rule for walking is to wear sneakers, specifically the ones that meet your individual needs. Our therapist can make recommendations based on your unique needs.
- **Trying a custom insert in your shoe.** Orthotics, for most people, are meant to be temporary. Getting your old orthotics assessed by our therapists will be very helpful to ensure one is still necessary and/or you have the right ones for your specific situation.

- **Changing “how” you walk.** Making sure you restore the coordination between your trunk and your pelvis can make all the difference in the world. Our therapist will assess you and give you specific instructions to improve how you walk. Often we change how we walk when we are hurting.

Working with a physical therapist to develop improved strategies and techniques with your walking could help you get back on your feet even sooner than you thought possible. What’s more, for those who can walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

Call our clinic today. Call FYZICAL today for a comprehensive assessment of your back pain and your gait. Working with our physical therapists to improve your walking technique can help you overcome back pain one step at a time. If you have a history of severe back pain that has changed how you walk, don’t hesitate to talk to our physical therapists. We offer the results you are looking for!

Sources: <https://www.frontiersin.org/articles/10.3389/fpsyg.2018.02236/full>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3048239/>
<https://www.sciencedirect.com/science/article/abs/pii/S0304395995001158>
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FYZICAL
Therapy & Balance Centers

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Better Golfing This Summer

Have you been looking forward to golf season all year? If you're an avid golfer, the last thing you want is for an injury to take you out of commission.

At FYZICAL, our physical therapists are highly trained movement experts who can help you prevent injury. And before you see us, there are many things you can do on your own to protect yourself from the possibility of a painful injury.

Did you know that most golf injuries are caused by poor swing mechanics, poor core strength, or an improper warm-up? Adjusting your golf swing can be highly beneficial and make this sport much easier on the body.

Maintaining proper posture throughout your swing is critical for preventing injuries. You should stand with your feet shoulder-width apart, rotated slightly outward, and your knees slightly bent. It's also important to keep a relatively straight spine. Make sure to avoid hunching over the ball, as this can cause neck and back strain.

Be mindful of how aggressively you swing at the ball. Swinging the club too hard or too fast can put strain on your joints. Take a nice, easy swing at the ball. Not only will this help prevent injury, but it will also improve your game with a consistent swing tempo!

If you're searching for more ways to improve your swing this season, contact FYZICAL today. Our team can examine your posture and recommend improvements to lessen your risk of injury and increase your skill. See you out on the course!

At-Home Exercise

Use This Exercise To Strengthen Your Back.

LUMBAR EXTENSION

Stand with good posture, feet shoulder width apart. Position your hands on the backs of your hips. Lean back, far as you comfortably can. Slowly return to the start position. Repeat 10 times.



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

Patient Success Story



"I feel that now I can exercise at home and manage my pain!"

"My greatest issue was lower back problems brought on by daily housework, mostly in the kitchen. Once the pain set in, I had pain problems for several days. I wanted to learn how to manage my pain. The staff here have been very aggressive with helping me. I feel that now I can exercise at home and manage my pain. Everyone has been consistent and has treated me with care. Thanks for a good treatment!"

— Janice L.

We are **HIRING**

FYZICAL is hiring a motivated and reliable Rock Star PT. If you or someone you know believes they would be a great candidate, apply online at www.FYZICAL.com/bella-vista.

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

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