

NEWSLETTER

Determining The Origins of **Your Chronic Pain**



INSIDE:

- How Physical Therapy Can Help You Find Relief
- Healthy Recipe: Ten Minute Tuna Melt
- At-Home Exercise: Elbow Flexion
- Patient Success Story
- 5 Ways To Invest In Your Health Today

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Different Types of Pain Can Explain Your Health

Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physical therapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are specialists in identifying the causes of pain.

A physical therapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way. Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for. Call FYZICAL today and set up an appointment with our highly trained physical therapists!

Understanding your pain

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there

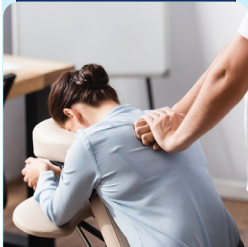
are other situations in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physical therapist can help you. When you meet with a physical therapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your therapist will likely want to know:

- How long you've been experiencing your symptoms
- Where it developed and where is it currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our physical therapist will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.

(continued inside)



LOOKING FORWARD TO THE SPRING? PREPARATION STARTS WITH A NEW YEAR'S RESOLUTION

Start the new year and prepare for Spring activities with massage therapy. We accept referrals for this service! Contact us to schedule an appointment at (479) 855-9348.

QUOTE OF THE MONTH:

"The elevator to success is out of order. You'll have to use the stairs, one step at a time."

- Joe Girard

Schedule an appointment by calling (479) 855-9348.

HEALTHY RECIPE: TEN MINUTE TUNA MELT



INGREDIENTS

- 1 5-oz can no-salt-added water-packed tuna, drained
- 1 small celery stalk, chopped
- 2 tbsp chopped roasted red pepper
- 1 scallion, minced
- 3 tbsp low-fat plain Greek yogurt
- 1 tsp Dijon mustard
- ¼ tsp ground pepper
- 4 tsp mayonnaise/softened butter
- 4 slices whole-grain bread
- 2 slices sharp Cheddar cheese

DIRECTIONS

Stir tuna, celery, roasted red pepper, scallion, yogurt, mustard and pepper together in a medium bowl until well blended.

Spread 1 teaspoon mayonnaise (or butter) on one side of each slice of bread. Flip 2 of the slices and top each with half of the tuna mixture, 1 slice cheese and another slice of bread, mayonnaise-side up.

Heat a large skillet over medium heat. Place the sandwiches in the pan and cook, turning once, until the cheese is melted and the bread is golden, 3 to 5 minutes per side. Serve immediately.

<https://www.eatingwell.com/recipe/7907251/10-minute-tuna-melt/>

How Physical Therapy Can Help You Find Relief



(continued from outside)

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physical therapy is education about the likely source of your pain and instruction on effective techniques for relief. Our goals include:

- Reduce pain quickly through targeted movements/stretches
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

We focus on doing what helps you feel better and move better!

Call and make an appointment today

Our physical therapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future. Call FYZICAL today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

Sources: <https://onlinelibrary.wiley.com/doi/10.1111/1475-6773.12984>
https://link.springer.com/chapter/10.1007/978-3-030-39982-5_17



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5 Ways To Invest In Your Health Today

- 1. Make sure to eat healthy.** Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.
- 2. Exercise regularly.** Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.
- 3. Get to sleep at a decent hour.** Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests “[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin.”
- 4. Have a primary care physician.** Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a “go-to” office to call when you’re in need of referrals for specialists.
- 5. Pay attention to your mental state of being.** Investing in your health means investing in all aspects of your body, and if you’re struggling with anxiety or depression, it could benefit you to see a counselor.

Sources: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

Patient Success Story

“Amazing job of helping me get back on my feet!”



“I was diagnosed with a balance disorder and began my search for help. Stuart and his associates at Bella Vista Fyzical did an amazing job of helping me get back on my feet! Thanks!”

— Ronnie R.

At-Home Exercise

Use This Exercise To Stretch Your Elbows

ELBOW FLEXION

Start seated with your arms by your sides. Place your opposite hand on the upper arm of the arm you want to exercise in order to pin your arm to your side. Slowly bend your elbow upward as far as you can raising your hand upwards. Slowly return to your starting position. Repeat 3 sets of 10 reps.



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:

(479) 855-9348



FYZICAL[®]
Therapy & Balance Centers