

NEWSLETTER

Make Your Heart Smile,
Lower Your Fall Risk

In Time For Spring

INSIDE:

- How Can Physical Therapy Help Me Reduce My Fall Risk?
- Seasonal Recipe: Chocolate Nut Bar
- At-Home Exercise: Knee Squat
- Patient Success Story
- February is Heart Health Month

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



INSIDE:

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- Seasonal Recipe: Chocolate Nut Bar
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Fall In Love With The Idea Of Spring Activity

Is the prospect of falling holding you back from participating in springtime activities? Do you worry that with more activity comes a higher fall risk?

How high is my fall risk?

Some people have a higher risk of falling than others. Common risk factors include:

- Old age
- Being female
- Living a sedentary life
- A previous history of falls
- Vertigo or dizziness
- Parkinson's disease
- Alzheimer's disease
- Heart disease
- Diabetes
- A previous stroke or heart attack
- Arthritis or alternative joint pain
- Problems with vision
- Imbalance issues
- Fatigue
- Overall poor health

At FYZICAL, our therapists understand the ins and outs of falls; we can show you how to recover from one and how to avoid them in the first place.

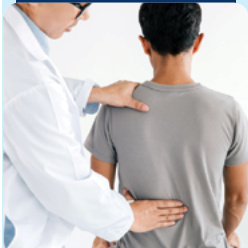
Springtime is near, and with it comes a renewed sense of energy and drive to reach your fitness goals! After a long winter of being stuck inside, it's more important than ever to stay on top of your health and make sure you're engaging in physical activities.

At FYZICAL, we understand that the fear of falling can prevent you from initiating the steps needed for a healthy and active lifestyle, especially if you've been injured from a fall in the past.

If you need an extra push to get ready to engage in your favorite springtime activities, physical therapy can help. Request an appointment with FYZICAL today to learn more about fall prevention and recovery!

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk. After this, they will perform a thorough physical evaluation to figure out what the best treatment plan for you will be.

(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.

SEASONAL RECIPE: CHOCOLATE NUT BAR



INGREDIENTS

- 2 cups semisweet, bittersweet or milk chocolate chips, melted
- 1 ½ cups assorted nuts, such as hazelnuts, almonds and cashews, plus more for garnish

DIRECTIONS

Line a rimmed baking sheet with foil. (Take care to avoid wrinkles.) Combine melted chocolate and nuts in a medium bowl. Scrape the mixture onto the foil and spread it into an approximate 12-by-9-inch rectangle. Sprinkle with additional finely chopped nuts, if desired. Refrigerate until set, about 20 minutes.

Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1 1/2-inch pieces.

<https://www.eatingwell.com/recipe/249999/chocolate-nut-bark/>

How Can Physical Therapy Help Me Reduce My Fall Risk?



(continued from outside)

The physical therapists at FYZICAL are balance experts who can help you improve your balance and fight back against the risk of falling this spring. Your therapist will perform a thorough physical examination to identify the source of any injuries or pain you may be experiencing. Your mobility, strength, balance, and gait will be assessed as well to determine your fall risk. This information will help us create a program including targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques that can help keep you upright and on your feet!

What To Expect During Physical Therapy

The first thing you should know about physical therapy for balance is that this kind of treatment is not a “one size fits all” approach. Your program will be specific to your needs and wants and fit into your lifestyle. Some of the interventions you can expect to experience at FYZICAL are:

Strengthening exercises: These exercises will address muscle weakness which is often a primary contributing factor to poor balance and falls. With strength and balance training, patients are better equipped to recover from unexpected lapses in gait or a momentary loss of balance to prevent falls.

Gait training will include activities to improve gait mechanics and increase your

confidence and safety in navigating across different terrains (uneven sidewalks, porches, parking lots). Our physical therapists will also evaluate your need for an assistive device or perhaps adjust the device you are currently using.

Static and dynamic balance training. This kind of training will be incorporated into your physical therapy treatment to help your body learn how to better respond to environmental challenges to their balance. For example, you may be asked to stand on one leg while performing a mentally-challenging task, such as reciting the alphabet or reading a paragraph of text out loud. Our physical therapists will also teach you balance strategies to help mitigate fall risk.

Endurance training may improve muscle endurance and improve aerobic capacity for activity. Both will reduce fatigue as a risk factor for falls when walking or completing daily tasks.

Let Us Help You Prepare For An Excellent Spring

Don't let the fear of falling take away from your spring. This season is the time to get up and move, so you can start leading a healthier and happier lifestyle. The physical therapists at FYZICAL can help you lower your fall risk with an individualized treatment plan created just for you. Contact FYZICAL today to request an appointment and get started.



(479) 855-9348



www.FYZICAL.com/bella-vista



February is Heart Health Month

February is heart health month, so there's no better time to give one of your most essential organs the attention it deserves.

1. Exercise regularly. Exercise helps your cardiovascular system work more efficiently by delivering oxygen and nutrients to your tissues. If you are not currently exercising regularly, start by taking a ten-minute walk around your neighborhood each day. From there, increase the amount of time you walk each day and quicken your pace.

2. Eat lots of fruits and vegetables. According to a study published in the International Journal of Epidemiology, eating ten servings of fruits and vegetables a day can lower your risk of cardiovascular disease by 28% and premature death by 31%.

3. Manage your stress. Did you know that there are over 1,400 biochemical responses to stress? Some of these include a rise in blood pressure and a faster heart rate. For these reasons, stress can have long-term adverse effects on your health.

Try to take the time out of your day to practice mindfulness and check in with your body. Deep breathing activities and meditation can do wonders for anxiety.



Patient Success Story

"After 7 weeks my balance is almost perfect!"



"Prior to my treatments my dizzy spells were impacting my sleep and waking hours. After 7 weeks my balance is almost perfect, and I feel quite confident in my everyday activities and have no sleep problems as caused by the crystal imperfections."

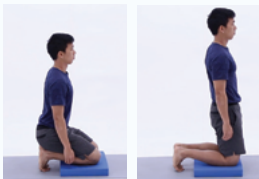
— Dick S.

At-Home Exercise

Use This Exercise To Strengthen Your Knees

KNEE SQUAT

Start by kneeling on a foam pad with your butt on your heels and your torso standing tall. Drive your hips forward to go into a tall kneeling position with your hips locked out; hold a few seconds then lower back to kneeling with control. 3 sets, 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

