

# NEWSLETTER

## Do You Know About The Benefits Of **Occupational Therapy?**

### INSIDE:

- What Can Occupational Therapists Help With?
- Healthy Recipe: Spring Vegetable Tart
- At-Home Exercise: Seated Hamstring Stretch
- Patient Success Story
- How to Squeeze in a Short 10-30 Minute Workout

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



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IT'S SPRING!

### WE NOW OFFER MASSAGE THERAPY

Enjoy 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:

"Either you run the day or the day runs you."

– Jim Rohn



**FYZICAL WILL OFFER OCCUPATIONAL THERAPY SERVICES MAY 22ND!**

## Occupational Therapy Could Be Your Best Solution

The conservative care of occupational therapy is one of the most effective ways to treat pain and regain daily function. In fact, the American Occupational Therapy Association (AOTA) says it best when describing the vast importance of occupational therapy:

*"Occupational therapy is the only profession that helps people across the lifespan to do the things they want and need to do through the therapeutic use of daily activities (occupations). Occupational therapy practitioners enable people of all ages to live life to its fullest by helping them promote health, and prevent—or live better with—injury, illness, or disability."*

If you or your child is living with a condition or have sustained an injury resulting in movement restrictions, frustration, and limitations, occupational therapy could be the answer you're searching for. Your treatment is not complete until you feel that your overall quality of life has been vastly improved. Rest assured that your goals (and your child's!) are also ours, and we'll stop at nothing to make sure you reach them. Call FYZICAL today to learn more about how our occupational therapists can help you enjoy a higher quality of life.

### What is the difference between occupational and physical therapy?

It's very important to know the difference between physical and occupational therapy, as

these areas of practice provide different benefits to patients.

**Physical therapy** refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing. You might need physical therapy to help you recover from an injury or chronic pain symptoms.

**Occupational therapy**, while it is a similar form of conservative treatment, focuses more on rehabilitation and the "relearning" of daily activities. The purpose of occupational therapy is to make daily life easier by participating in treatments and exercises. Occupational therapists (OT's) are experts at devising new ways for patients to accomplish tasks and goals in their everyday lives. Occupational therapy at FYZICAL is a safe, effective, and non-invasive treatment option that is designed to relieve pain resulting from a wide range of musculoskeletal conditions, sports injuries, workplace injuries, and more. Patients typically see an occupational therapist to regain function in their daily life, help manage chronic pain symptoms and prevent future injury.

Regular appointments with an occupational therapist are ideal for people of all ages, who require guidance or help with a multitude of different conditions!

*(continued inside)*

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

# SEASONAL RECIPE: SPRING VEGETABLE TART



## INGREDIENTS

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthways with a mandoline
- 1 1/2 c goat's cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve

## DIRECTIONS

Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 2 cm to create a large single sheet. Fold and pinch all four sides to make a 2 cm border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with kitchen paper. Scatter vegetables over tart and crumble over goat's cheese. Drizzle with oil and vinegar glaze. Serve with mixed herbs.

<https://www.delicious.com.au/recipes/spring-vegetable-tart/Td9n0XCA>

# What Can Occupational Therapists Help With?

*(continued from outside)*

Occupational therapists are extremely helpful and knowledgeable professionals who specialize in helping people maintain their daily routines, find relief from their chronic pain, and learn how to accomplish tasks with ease more comfortably. For example, occupational therapy for a young patient may include using a special tool to make cupcakes at home. If an adaptation to a utensil needs to be fashioned, an occupational therapist will do it. This unique approach makes occupational therapy a vital part of health care. There are several different conditions and circumstances that FYZICAL's skill OT's can treat and/or help with.

## Recovery from stroke

If you or a loved one has experienced a stroke, occupational therapy can help. The long-term goal of any stroke rehabilitation plan is to improve physical function. Sometimes, a patient may have to relearn basic skills, such as walking, dressing, writing, speaking, or eating. At FYZICAL, our advanced methods and modalities are equipped to help you relearn, recover, and reclaim your life. Some of the most common treatment techniques we use are explained by ChoosePT as being particularly successful in stroke rehabilitation:

- **Motor imagery and mental practice.** This helps the patient regain function in their arms, hands, feet, and legs by "rehearsing" the action out loud before performing it. This helps rebuild the responses between the brain and the body.
- **Positioning.** Positioning is used to help with transfers, such as sitting to standing or sitting to lying down. It works to reduce muscle pain, spasms, slowness, and stiffness, by helping the patient relearn proper positioning of their body.

## Wrist and hand injuries

Have you sustained an injury to your wrist or hand? An occupational therapist can help you as you heal your injury so that you can strengthen your muscles in order to accommodate your lifestyle and physical activity. This will help make frequent daily chores, as well as strenuous, repetitive

motions, much easier for you to do! Your OT can also provide manual techniques for relief, such as targeted massage, pressure, and stretching of the affected area(s) to keep muscles loose and to relieve inflammation.

## Pediatric therapy for autism, cerebral palsy, and ADHD

If your child has autism, an occupational therapist at FYZICAL can provide several benefits to make life easier and more enjoyable for them. For example, your child's therapist will collaborate with you to devise special techniques to help your child learn vital skills like grooming, (brushing teeth, combing hair) eating (properly using utensils and napkins), and dressing separately, as well as play/social skills, fine motor skills, and visual processing skills.

Cerebral palsy is another condition that can affect a child's ability to learn and play at the same rate as their peers. Occupational therapists help to increase their independence and mobility, as well as give them a sense of security and improve their fine motor skills, coordination, visual perception, and upper body strength. Children with ADHD can also gain valuable organizational, planning, and time management skills from occupational therapy. Our team will use several techniques to encourage your child to adjust their behavior to match their home, school, and play environments. Therapy can assist with setting up predictable rituals at home to help your child know what to expect, and also help you to develop a good sleep schedule for your child so that their ability to focus and participate in activities improves.

## Call our clinic today

At FYZICAL our occupational therapy plans include an individual evaluation to determine your goals and customized intervention activities to improve you or your child's daily tasks and activities. Contact us today to schedule a consultation with an occupational therapist. We can help you begin your journey toward recovery and optimized function.

<https://www.choosept.com/symptomsconditions/detail/physical-therapy-guide-to-stroke>



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# How to Squeeze in a Short 10-30 Minute Workout

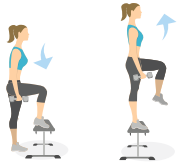
Are you looking for a quick way to get results from your workouts? At FYZICAL, our physical therapists use the most advanced programs for rehabilitation, prevention, and strength and conditioning training for health and fitness!



High-intensity interval training (HIIT) involves alternating periods of high-intensity aerobic exercise with a brief recovery period. These short but intense workouts can be done at home, at a gym, or on the road.

There is a growing body of evidence indicating the health benefits of a 10-30 minute program, including the following:

- More calories burnt in a short amount of time
- Reduced blood sugar levels
- Higher metabolic rate for hours after a quick workout
- Improved oxygen consumption
- Reduced heart rate, blood pressure



If you are looking for a highly effective way to get or stay in shape, HIIT workouts may be exactly what you are looking for!

Call FYZICAL today to request an appointment and learn more about how we can help you squeeze in a short workout to stay healthy and fit!

# Patient Success Story

**“Dr. Ong and his professional and competent staff have given me my life back!”**



“When I was referred for physical therapy, I requested to go to FYZICAL because I had heard good things and hoped it might be better than where I had gone previously. Within three visits it was clear that much more was going on than PT could correct. Dr. Ong sent me back to my MD to be referred to a Neurologist. I was in urgent need of a surgery, which I had. I then resumed my PT and have attended faithfully through the completion of my treatment. Dr. Ong and his professional and competent staff have given me my life back. Sure you have to work at it, but each visit I saw improvement. Each therapist gives you their full attention, guidance, and encouragement during your PT session. The environment is clean, safe, and friendly. I wholeheartedly recommend FYZICAL.”

— C. Hatcher.

# At-Home Exercise

Use This Exercise To Increase Flexibility

## SEATED HAMSTRING STRETCH

Start by sitting up straight in a chair with one knee bent and the other straight. Place both hands on the straight knee and slowly bend forward at your waist like a hinge. Feel the stretch in the back of your leg. Hold for 30 seconds.



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