



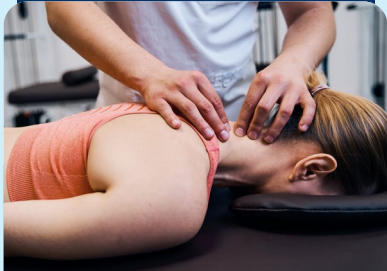
# FYZICAL®

Therapy & Balance Centers

# NEWSLETTER

## ARKANSAS CAN TAKE ADVANTAGE OF DIRECT ACCESS

Get the help you need without waiting for the prescription from your doctor. When you need help, you can call us directly and still have physical therapy covered by your insurance.



## It's Summer! WE NOW OFFER MASSAGE THERAPY

Enjoy summer activities with massage therapy. We accept referrals for this service! Contact us at 479.855.9348

## VISIT US

1801 Forest Hills Blvd.,  
#205 Bella Vista, AR

[FYZICAL.com/bella-vista](http://FYZICAL.com/bella-vista)

## CALL TODAY

**479.855.9348**

## QUOTE OF THE MONTH

*"Put your heart, mind, and soul into even your smallest acts. This is the secret of success."*

– Swami Sivananda

## Is Occupational Therapy Right For You?



**FYZICAL will offer occupational therapy services May 22<sup>nd</sup>!**

Are you recovering from a recent injury or surgical procedure? Are you living with a chronic condition that causes constant discomfort? Whatever the case may be, occupational therapy can help improve your health. At FYZICAL, our occupational therapists can help you restore your function and teach you the skills to manage your daily activities.

Occupational therapy helps people from young to old do the things they want and need to do. This kind of therapy works with people of all ages to live their life to the fullest by promoting health and/or helping with an injury, illness, or disability.

Occupational therapists (OTs) treat injured, ill, or disabled patients with the therapeutic use of everyday activities by implementing strategies to help patients recover, improve, learn and maintain the skills needed for daily living and working duties. If you are experiencing discomfort, contact FYZICAL today for more information.

### What conditions are treated by an occupational therapist?

The word "occupation" is used to describe activities of daily living, instrumental activities of daily living, health management, rest and sleep, education, work, play, leisure, and social participation.

Occupational therapists work with people to address their physical, cognitive, psychosocial, and sensory-perceptual limitations. OT aims to help improve a person's performance and engagement in occupations that affect physical and mental health and quality of life.

OTs work with elderly patients to teach them techniques to make completing daily tasks, such as dressing, eating, and bathing, much more manageable.

In addition, we also help patients improve their fine and basic motor skills, strength, dexterity, and range of motion.

Schedule an appointment by calling **479.855.9348**

## CILANTRO LIME CHICKEN & AVOCADO SALSA



### Ingredients:

- 1½ lb boneless chicken breast
- ¼ cup lime juice
- 2 tbsp olive oil
- ¼ cup fresh cilantro
- ½ tsp ground cumin
- 1/4 tsp salt

### For Avocado Salsa:

- 4 avocados, diced
- ½ cup fresh cilantro
- 3 tbsp lime juice
- ½ tbsp red wine vinegar
- ½ tsp red pepper flakes
- 1 garlic clove, minced

### Directions:

Add ¼ cup of lime juice, olive oil, ¼ cup of fresh cilantro, ground cumin, and ¼ tsp of salt to a small bowl. Whisk until mixed. Add chicken and marinade to a large ziplock bag. Let chicken marinate for at least 15 minutes. Preheat grill to medium-high heat (about 400°F). Place chicken on grill and grill each side for 4-6 min, until chicken is no longer pink. Remove and let sit. For avocado salsa: add avocado, ½ cup fresh cilantro, 3 tbsp lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top the cilantro lime chicken with the avocado salsa and serve.

<https://www.joyfulhealthyeats.com/cilantro-lime-chicken-with-avocado-salsa/>

# How Occupational Therapy Heals

Occupational therapy focuses more closely on hand, elbow, and wrist pain relief. Some common conditions we treat with OT, through our specialized hand therapy services, include:

- Carpal tunnel syndrome
- Arthritis
- Burns
- Nerve injuries
- Fractures
- Tendinitis



The medical conditions that occupational therapists often treat include the following:

- ADHD
- Chronic pain
- Stroke
- Diabetes
- Spinal cord injuries
- Brain injuries
- Multiple sclerosis



Everyday personalized activities that people do as individuals, in families, with communities and to occupy time bring meaning and purpose to life. Occupations can involve the execution of multiple activities for completion and can result in various outcomes.

Whether you're dealing with an old or new issue, conservative care of an occupational therapist is one of the most effective ways to treat pain and injury.

The goal of rehabilitation is to help you regardless of your current condition or the setting you need assistance in. We will help you participate in the activities you need and want to do.

### What to expect at an occupational therapy visit

Occupational therapy is more than just addressing an injury. At FYZICAL, our dedicated therapists focus on the functional needs of each patient by implementing specific exercises and activities that promote physical and psychological well-being.

We will perform a thorough evaluation, determine the best course of action, and implement the strategies to ensure a positive

outcome. We may also include evaluating your home and other environments (i.e., workplace, school) and making recommendations for adaptive equipment and/or training to fit your needs.

Our team will implement compensatory techniques to help you perform tasks in an alternative manner or by using adaptive aids to be more independent. We can also use compensatory strategies to help you learn new tasks when your abilities and current situation dictate a new way.

Occupational therapists use a holistic perspective, focusing on adapting the environment to fit the person. You will feel better emotionally when you can comfortably engage in essential activities. This unique approach makes occupational therapy a vital part of your health care.



### Call to schedule an appointment

Whether you are looking for relief, looking to prevent an injury, or improving your physical function, occupational therapy is here for you.

Our skilled OTs will work closely with you to help you reach your goals! If you're ready to get started on the path toward improved health, contact our office today! Our occupational therapist also offers pediatric care, and accepts Medicaid.

Sources: <https://www.aota.org/conference-events/otmonth/what-is-ot.aspx> [https://go.gale.com/ps/i.o?id=GALE%7CA623794176&sid=googleScholar&v=2.1&t=r&linkaccess=abs&issn=02729490&p=HRCA&sw=w&userGroupName=ar\\_a\\_otcl](https://go.gale.com/ps/i.o?id=GALE%7CA623794176&sid=googleScholar&v=2.1&t=r&linkaccess=abs&issn=02729490&p=HRCA&sw=w&userGroupName=ar_a_otcl)

Schedule an appointment by calling **479.855.9348** or online at **FYZICAL.com/bella-vista**

# How To Stay In Shape This Summer

Are you ready to get active this season? Summer is finally here, which means warm weather, enjoying the sunshine, and participating in all your favorite seasonal activities.

If you need some inspiration to get moving this season, check out the list below for ideas on how you can get active!

## Take up gardening

After spending so much time being cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this summer.

Gardening is an excellent and approachable way to get moving this season. Even if you don't have a huge yard, you can participate in this activity through container gardening on a porch, windowsill, or in a sunny spot in your home.

## Go for a swim

Swimming is low-impact, gentle on the joints, and a good cardio workout. Swimming is a fun and healthy activity, whether you're swimming laps, floating, or tossing an inflated ball with a friend. And nothing feels better than jumping into the pool on a hot day! Sign up for a class at your local YMCA or fitness club to get started.

## Find a hiking trail

Hiking is a great warm-weather activity to participate in, especially if you enjoy taking in the sight and sounds nature has to offer. If you live near a hiking trail or a scenic area, definitely take advantage of it when you can, and always remember to wear the right footwear so as to prevent ankle sprains and strains!

## Walk on the beach

If you're lucky enough to live near the beach, take advantage of the beautiful scenery while moving your body!

Walking is an easy way to improve your health. In fact, research shows that walking just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.



# Patient Success Story



**“ My husband had a complete recovery after following the prescribed sessions for his hip.”**

“Both my husband and I have been and are being seen by the team at Fyzical. He was treated after a hip fracture and I for neck pain. I had already been through a round of PT elsewhere, seen a pain management MD and was very skeptical of the time investment to go through another round of treatments. The difference after 2 treatments was amazing.

I'm now 5 visits in and mobility is returning. My husband had a complete recovery after following the prescribed sessions for his hip. He returned several months later with a back complaint and said he feels better than ever. We highly recommend the services at Fyzical!!! The variety of treatment modalities exceeded all expectations. Entire office staff is friendly and professional.” — K.L.B.

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

**Schedule Your Appointment:**

**479.855.9348**

