



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

CALL TODAY

479.855.9348

QUOTE OF THE MONTH

"We are powerful because we have survived."

— Audre Lorde

Don't Ignore Your Back Pain



We also offer massage and occupational therapy. Call to book your appointment today!

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some,

it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

Schedule an appointment by calling **479.855.9348**

BAKED FALAFEL



Ingredients:

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 c fresh parsley lightly packed
- 1 cup fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 TBS ground flaxseed
- 1 TBS olive oil

Directions: Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 TBS of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 minutes, flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>

Understanding Back Pain

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

- Some of the most common issues associated with back pain include:
- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

Physical therapy is an effective solution for your back pain

Your physical therapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

Targeted exercises that are specialized to the region of the back that is experiencing the most

pain. These exercises help build strength and support the surrounding muscles.

Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.

Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!



Call our clinic today

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled physical therapist!

Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all. Call today to make an appointment!

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/> • <https://www.sciencedirect.com/science/article/pii/S1836955319300578> • <https://doi.org/10.1186/s12891-019-2477-4> • <https://pubmed.ncbi.nlm.nih.gov/30252425/> • <https://pubmed.ncbi.nlm.nih.gov/32669487/> • <https://pubmed.ncbi.nlm.nih.gov/27285608/>

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

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.

Patient Success Story



"I am now pain free in my neck and shoulders."

"I received physical therapy for balance issues I was having and also for pain issues in my neck and shoulders. The physical therapists I had were outstanding. My balance has improved 100%. The pain I had in my neck caused me to have severe headaches. I am now pain free in my neck and shoulders. My headaches have also disappeared. I feel like a new person now compared to when I started therapy. Thanks to all the therapists and staff for making me feel so much better." — J.H.

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

Schedule Your Appointment:

479.855.9348

