



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

The big lesson in life, baby, is never be scared of anyone or anything."

– Frank Sinatra

Resolve Your Shoulder Pain



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

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy. At FYZICAL Therapy & Balance Centers, we have the solutions that you are looking for!

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain. Call FYZICAL Therapy & Balance Centers today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

Understanding your shoulder

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in

the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

- **The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.
- **The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.
- **The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure — however, this also means that they are at an increased risk of injury.

When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

Schedule an appointment by calling **479.855.9348**

VANILLA CHERRY SMOOTHIE



Ingredients:

- 1/4 cup tart cherry juice or pomegranate juice
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup fresh or frozen pitted cherries
- 1 small beet, peeled and steamed
- 1/4 cup oats
- 1 tablespoon chia seeds
- 2 scoops protein powder

Directions: Help your muscles repair after a tough workout with this vanilla cherry smoothie, packed with recovery superfoods, like tart cherry juice, beets, and protein powder. To help speed up prep, look for pre-steamed and peeled beets available in the produce section. Combine all ingredients in a blender and blend until smooth.

<https://www.humnutrition.com/blog/post-workout-smoothie-recipes/>

Common Conditions That Cause Shoulder Pain

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant “wear and tear,” typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

How physical therapy can help

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physical therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting

your recovery, mobility, stability, or strength. Our therapists at FYZICAL Therapy & Balance Centers will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities. We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

Call today to find effective shoulder pain relief!



Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your physical therapist will work with you to ensure that both are achieved throughout your physical therapy sessions.

If you are living with shoulder pain, don't let it limit your life any longer. Call FYZICAL Therapy & Balance Centers today to find relief once and for all!

Sources: <https://www.jospt.org/doi/full/10.2519/jospt.2020.8498> • <https://www.jospt.org/doi/10.2519/jospt.2015.0110> • <https://www.sciencedirect.com/science/article/abs/pii/S2468781218302479> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>

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

FYZICAL Therapy & Balance Centers Concussion Program

Physical therapy programs for concussion often build in vestibular therapy, which helps you orient yourself during periods of lightheadedness or loss of balance. Exercises such as fixing your gaze at a certain point in the distance, or using simple movements to stabilize your core and limbs, are invaluable during such moments.

Symptoms of concussion can be quite varied, depending on the nature of your injury, as well as your age and gender. Some problems for which people seek physical therapy for concussions include:

- Fatigue
- Weight loss or weight gain
- Ongoing headaches
- Irritability
- Loss of balance and frequent falls
- Dizziness and lowered blood pressure
- Muscle weakness and spasms
- Decreased sex drive
- Sudden loss of menstruation

How can FYZICAL Therapy & Balance Centers Help?

The natural fatigue and required resting that early concussion recovery entails often results in weakened muscles and lowered endurance. To combat that, your physical therapist at FYZICAL Therapy & Balance Centers will customize a strength-building program for you, as well as guide you through aerobic moves that help you regain that endurance. Feel free to contact us.



Patient Success Story



“After feeling isolated and hopeless, Fyzical has truly given me my life back.”

This place has been an absolute life saver. I cannot speak highly enough of Dr. Stewart, Melody, Alex, Todd, and Kayley. After struggling with debilitating dizziness and chronic fatigue for over a year, I found Fyzical and within two weeks I started improving. Not only is this team incredibly knowledgeable, the level of care and attention given to each of their patients is astounding and admirable. I love this team and truly appreciate all of their support. After feeling isolated and hopeless, FYZICAL has truly given me my life back. The progress is undeniable, and I owe it to the compassion, expertise and skill of the staff. You are in good hands when you come to this wonderful place. If you are on the fence, I hope you decide to give it a try; you won't regret it.” — S.W.

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

Schedule Your Appointment:

479.855.9348

