

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

2021



OSTEOARTHRITIS IS

A PAIN! PHYSICAL

THERAPY CAN HELP

INSIDE:

- How Can Physical Therapy Help Osteoarthritis?
- Get To Know Our Team: Heather Brabec, DPT, PT
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2021

OSTEOARTHRITIS IS A PAIN! PHYSICAL THERAPY CAN HELP COME BACK TO PT!



As we all age, our bodies experience a certain “wear and tear” on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one’s body, resulting in achy or painful joints after exercise, after a long day on one’s feet, or even after longer periods of inactivity, thus causing joints to get stiff over time.

The most commonly affected joints are the fingers, hips, knees, and spine. These are all joints that we use all the time in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you’ve already used these joints a multitude of times. Therefore, it isn’t surprising that Osteoarthritis can affect them over time. If you believe you may be experiencing Osteoarthritis, give one of our physical therapists a call today to discuss pain relief.

Why do we experience Osteoarthritis?

While it is true that Osteoarthritis is most common in older folks, it can also occur when younger. Severe joint sprains, weak joints, hypermobility, poor diet, or inactivity all contribute to early onset osteoarthritis.

Your cartilage works hard in protecting your joints by absorbing the shocks that your body experiences on a daily basis when moving around. When joint alignment changes and the muscles around a

Whether you have an acute injury, a chronic condition, or balance problems, seeing a physical therapist at FYZICAL Therapy & Balance Centers can help you return to a more active and pain-free life. Give us a call today at:

Bradenton-Central Clinic: (941) 749-1734

Ellenton Clinic: (941) 721-1854

South Sarasota Clinic: (941) 894-6848

joint weaken, this can cause the cartilage to have to absorb abnormal joint shifting, resulting in cartilage damage. As cartilage wears down, Osteoarthritis becomes a reality.

As Osteoarthritis progresses, symptoms can arise. The most common symptoms are:

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Pain flare-ups in the joint(s) after use due to inflammation.
- Feeling stiff after a period of sitting or lying down especially when getting up in the morning.
- Crepitus: The “cracking or crunching” feeling when moving the joint(s).

How can Physical Therapy help Osteoarthritis?

The answer is that, while we cannot take away the joint damage, as shown on your x-ray or MRI. We can, by improving the strength, stability and flexibility, reduce the movement stress on the affected joint. This most typically results in significant improvements of function, and pain relief.

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fyzical.com/bradenton-central | fyzical.com/ellenton
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HOW CAN PHYSICAL THERAPY HELP OSTEOARTHRITIS?

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical Therapy is the most common treatment for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions.

If you have arthritis, don't fret - there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution. Physical therapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution.

Our physical therapists are trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility. Don't settle for a life of aches and pains - physical therapy can get you back on your feet and doing the activities you used to love!

If you are suffering from Osteoarthritis, give us a call today – we can get you back to living your best, most pain-free life.



Sources: [https://www.aota.org/~media/Corporate/Files/AboutOT/Professionals/WhatsOT/PA/Facts/Arthritis%20fact%20sheet.pdf](https://www.aota.org/~/media/Corporate/Files/AboutOT/Professionals/WhatsOT/PA/Facts/Arthritis%20fact%20sheet.pdf)
<https://www.arthritis.org/>

CALL US TODAY TO MAKE AN APPOINTMENT!

BRADENTON-CENTRAL: (941) 749-1734

ELLENTON: (941) 721-1854

SOUTH SARASOTA: (941) 894-6848

WE'RE KEEPING YOU SAFE



AVOID TOUCHING
FACE WITH YOUR
HANDS



KEEP DISTANCE FROM
THOSE INFECTED



AVOID HUGS OR
SHAKING HANDS



USE GLOVES
WHEN NECESSARY



CLEANING HANDS
OFTEN



SNEEZE & COUGH
INTO TISSUES

MEDITERRANEAN CHICKEN SALAD



INGREDIENTS

- 1/3 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

DIRECTIONS

In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

GET TO KNOW OUR TEAM: HEATHER BRABEC, DPT, PT



Dr. Heather Brabec received her BA in Biology from Ave Maria University in 2014. She completed her graduate studies at the University of New England where she earned her Clinical Doctorate Degree in Physical Therapy in 2017.

Heather is passionate about utilizing her education and her talents, to provide personalized high quality Physical Therapy to patients of all ages. Everyone has a goal to work towards and that goal, your goal, is her rehabilitation target.

Her clinical expertise includes Balance and Vestibular Disorders, Pelvic Health, Geriatrics, and Orthopedics. She is a recognized clinical specialist in vestibular rehabilitation and pelvic floor rehabilitation.

Outside of work, Heather enjoys being with her friends, spending time training for marathons, cycling on her Peloton, kayaking and doing cooking awesome vegan meals.

ALTERG TREADMILL AT SOUTH SARASOTA

The **AlterG Anti-Gravity Treadmill** is revolutionizing fitness by allowing you to run or walk with reduced impact. Through patented NASA technology, the Anti-Gravity Treadmill provides up to 80% body weight support to reduce the stress and strain on your body.



The benefits of controlling gravity and reducing your body weight while you walk or run allows you to:

- Run or walk without discomfort or pain
- Train SAFELY through injuries
- Feel the joy of running without the impact on your body

Chosen by sports medicine experts, top athletes, and athletic trainers as the best low impact running or walking training tool, the Anti-Gravity treadmill is a new way to improve your fitness, lose weight and train smarter. Whatever your wellness or fitness goals are, the AlterG Anti-Gravity Treadmill can help you achieve them!

Patient Success Spotlight



All of the staff were extremely pleasant!

"I was a little concerned about doing PT due to COVID-19. However, I was pleasantly surprised with Temperature checks and hand sanitizer. The staff and patients wore masks, there was social distancing of patients, and the equipment was cleaned after each use. All of the staff were extremely pleasant. Therapists were caring and extremely knowledgeable. I highly recommend this facility." - S.F.

SPECIAL DAYS TO RECOGNIZE DURING THE MONTH OF MAY

FYZICAL would love to recognize Mothers Day, Cinco de Mayo, and Memorial Day!

Cinco de Mayo: May 5th
Mother's Day: May 9th
Memorial Day: May 31st

FREE

15 MINUTE CONSULT

SHOW YOURSELF SOME LOVE!

CALL TO SCHEDULE TODAY!

BRADENTON-CENTRAL CLINIC: (941) 749-1734

ELLENTON CLINIC: (941) 721-1854

SOUTH SARASOTA CLINIC: (941) 894-6848

Limited to the first 25 callers.
Expires 06-15-21



FYZICAL
Therapy & Balance Centers

**FREE 15 MINUTE
CONSULT**

DETAILS INSIDE



**BRADENTON-CENTRAL
CLINIC**

5211 Manatee Ave West
Bradenton, FL, 34209
P: (941) 749-1734
F: (941) 749-1736

fyzical.com/bradenton-central

ELLENTON CLINIC

2990 Us Hwy 301 N
Ellenton, FL, 34222
P: (941) 721-1854
F: (941) 721-1859

fyzical.com/ellenton

SOUTH SARASOTA CLINIC

5980 S. Tamiami Trail
Sarasota, FL 34231
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F: (941) 263-7491

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500
2020

WE ARE RANKED #33
ON THE ENTREPRENEUR
FRANCHISE 500 FOR 2020

EXERCISE OF THE MONTH

STRAIGHT LEG RAISE

While lying or sitting, raise up your leg with a straight knee and your toes pointed upward. Hold for 10 seconds then repeat 6 times on both legs.

 SimpleSet Pro
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