

THE



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

2021



THE IMPORTANCE OF CONTINUING YOUR PHYSICAL THERAPY SESSIONS, EVEN IN THE SUMMER MONTHS

INSIDE:

- Physical Therapy throughout the Year
- Looking Forward To Fun Cookouts? Healthy Grilling For Arthritis Sufferers
- Patient Success Spotlight

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THE IMPORTANCE OF CONTINUING YOUR PHYSICAL THERAPY SESSIONS, EVEN IN THE SUMMER MONTHS

COME BACK TO PT!



Just Because It's Summer Doesn't Mean You Can't Still Benefit from Physical Therapy!

With the summer months upon us, we understand that many of our patients will be busier than usual and may not have the time they normally have. Because of this, there is a trend that some patients opt to cut out their physical therapy sessions in the summer months.

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warmer weather without restrictions or pain!

At FYZICAL Therapy & Balance Centers, we will work around your busy schedule to find a time that works best for you – so you can get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact FYZICAL Therapy & Balance Centers today.

I'm Having Trouble Finding Time For Physical Therapy — What Should I Do?

As the saying goes, "where there's a will, there's a way." If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule. One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

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

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

Even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

When you find time for physical therapy sessions, your physical therapist will help you to be as effective with your home based exercise routine. Set aside some time each day to exercise with fun but effective activities. You could also try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you definitely deserve it!

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fyzical.com/south-sarasota-fl

PHYSICAL THERAPY THROUGHOUT THE YEAR

Physical Therapy is Still Essential, No Matter the Time of Year

Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important, now more than ever. The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

CALL US TODAY TO MAKE AN APPOINTMENT!

BRADENTON-CENTRAL: (941) 749-1734

ELLENTON: (941) 721-1854

SOUTH SARASOTA: (941) 894-6848



In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!

Get Started Today

Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need! [Contact Fyzical Therapy & Balance Centers today to schedule an appointment.](#)

SKINNY ORANGE CREAMSICLES



INGREDIENTS

- 2 cups unsweetened Greek yogurt
- 1 cup pineapple chunks
- 1 orange
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

DIRECTIONS

In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

*Blend in spinach for a boost of greens.

GET TO KNOW OUR TEAM:

DR. CHRIS McGLAUGHLIN,
PT, DPT, CERT. SMT, CIDN
CLINICAL DIRECTOR



Physical fitness and performance have been a draw for Dr. McLaughlin ever since he was a child. Growing up in Indian Rocks Beach allowed him lots of "play-time" in the Gulf of Mexico, in High School he competed in wrestling and weightlifting and in College he played rugby.

Dr. McLaughlin's received his Bachelor's Degree from The University of Florida in Exercise & Sport Sciences in 1999 and a Doctorate in Physical Therapy in 2009. He started in Industrial Rehabilitation before focusing on manual treatment techniques and dry needling, earning clinical specialist status in both. He joined FYZICAL Therapy & Balance Centers in February of 2019 and is excited to be doing what he loves closer to where he grew up.

When not working he enjoys spending time with his wife and two young golden retrievers. They have three grown children and one grandchild.

LOOKING FORWARD TO FUN COOKOUTS?

HEALTHY GRILLING FOR ARTHRITIS SUFFERERS



MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try ...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just

four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.

- Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.

Patient Success Spotlight



"Frank was inventive and flexible!"

"Frank and the staff at Fyzical were more than knowledgeable and professional. They were relational which goes a long way in patient care. I was there for nearly 4 months after ACL and meniscectomy surgery during covid. Frank was inventive and flexible with assessing my progress each day for my therapy. They kept everything clean constantly as well. Frank worked specifically to help my out-of-state worker's comp stay valid and up to date. I miss all the therapist friends I made there!" - A.R.



FYZICAL WOULD LOVE TO RECOGNIZE
FATHER'S DAY — JUNE 16TH

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 06-30-21



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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
P: (941) 894-6848
F: (941) 263-7491

fyzical.com/south-sarasota-fl

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500
2020

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

WAND SHOULDER FLEXION

EXERCISE OF THE MONTH

WAND SHOULDER FLEXION

Lying on your back and holding a wand, palm face down on both sides, slowly raise the wand towards overhead.

 SimpleSet Pro
www.simpleset.net

