

THE



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

2021



DID YOU KNOW THAT OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

INSIDE:

- We Can Help You Understand How Much You Will Have to Pay
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NEWSLETTER

OCTOBER IS PHYSICAL THERAPY MONTH



DID YOU KNOW PHYSICAL THERAPY CAN SAVE YOU MONEY?

If you are in need of physical therapy treatments but you are hesitant about the cost or your insurance coverage, we would like to put your mind at ease! Besides making you feel better, Physical Therapy can actually help you save money in the long run.

At FYZICAL Bradenton, Ellenton, South Sarasota, and Venice, we want to make sure that you are paying as little as possible for the care you need and deserve. We are more than happy to discuss any insurance or payment questions you may have so we can get you scheduled for the care you need. Contact us today to discuss what payment will look like with your insurance. If you have no insurance, we have concierge payment options available.

Don't hesitate on finding relief simply because of cost uncertainty – we are here to help you every step along the way.

How Can Physical Therapy Help Me?

Doctors of Physical Therapy are highly trained in human anatomy and physiology and they are great teachers. Physical therapists

use a variety of techniques to diagnose movement and functional problems. They prescribe therapies and guide towards continual improvement and relief of pain and injury. Maintaining your therapy program at home will continue this process even after they are done with their PT.

Physical Therapy is often prescribed after an injury or surgery, but it can also be an important part of the treatment plan for neurologic disorders, disabilities, cardiac conditions, pulmonary problems, and balance and dizziness issues.

One of the best ways that physical therapy can help you save money is by helping you avoid surgery. It is no secret that surgeries are expensive. By seeking out Physical Therapy treatments early on, you'll save an incredible amount of money and pain.



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WE CAN HELP YOU UNDERSTAND HOW MUCH YOU WILL HAVE TO PAY!

Insurance terminology can be confusing. There have been several instances where our patients don't understand their benefits because they simply don't know what to ask their insurance providers. Below we've provided some definitions for some common terms that you can discuss with your insurance provider prior to scheduling an appointment:

- 1. What is a copay?** A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay prior to receiving a medical service. The amount of each patient's copay is defined by their insurance company, and may vary depending on what plan you have. In some cases, copays may even be waived altogether by your insurance provider. To find out what your copay may be for physical therapy services, contact your insurance provider. We will also discuss copays with you before your first appointment.
- 2. What is a deductible?** A deductible is a fixed amount of money that an insured patient must pay out of pocket, before the insurance company will pay any medical expenses. Much like a copay, your deductible amount will be dependent upon your insurance company, as not all insurance providers follow the same guidelines. Your insurance company will be able to tell you exactly how much your deductible is. We will also discuss deductibles with you at your first appointment, to outline how much you may have to pay before your insurance provider picks up the cost.

- 3. What is coinsurance?** Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a common coinsurance, in which the insurance company will pay 80% of a medical cost and the patient will pay the remaining 20%. Again, each insurance company will have a different coinsurance policy, so it is important to discuss this with them beforehand to figure out what percentage of costs you will have to pay. We will also discuss this with you at your first appointment to figure out how your percentage will play into the costs of our services.



At FYZICAL Bradenton, Ellenton, and South Sarasota, we are more than happy to discuss any further monetary or insurance question: that you may have. Contact us today to schedule an appointment and discuss how we can help you save money on your treatments

If you find yourself uncertain, let us guide you through the process: step-by-step. FYZICAL Bradenton, Ellenton, and South Sarasota are here to help!

NOT-SO-GUILTY TREATS PUMPKIN CREAM CHEESE DOUGHNUTS



Ingredients

- 3 cup almond flour, sifted
- 3 tbsps of cinnamon
- 3 tsp of ground ginger
- ½ tsp of ground nutmeg
- ¼ tsp of ground clove
- 3 tsp baking powder
- 1/2 tsp of sea salt
- 1 cup unsalted butter, softened
- 8 ounces of full-fat cream cheese, softened
- 1 ½ cup granulated sugar substitute

- ½ cup choice of brown sugar substitute
- 2 tsp of vanilla extract
- 1 cup pumpkin puree (unsweetened)
- 6 large eggs

Keto Maple Icing

- 1 cup powdered sugar-free (confectioners sugar substitute)
- 1 tsp cinnamon powder
- 8 tbsps heavy whipping cream
- 2 tbsps of sugar-free syrup

Instructions

Preheat the oven to 350°F and grease donut molds. Sift together almond flour, cinnamon powder, ground ginger, ground nutmeg, ground clove, baking powder, and salt and set aside. Beat together the softened butter, cream cheese, both sugar substitutes, and vanilla extract until light and creamy. Mix in the pumpkin puree. Add eggs one at a time alternating with the dry ingredients, mixing thoroughly after each addition. Using a pastry bag, pipe the cake

batter evenly into the prepared donut pan(s). Bake about 15- 20 min or until an inserted toothpick comes out clean. Allow donut to cool in molds for 10 min.

To make icing, mix the powdered sugar substitute and cinnamon powder in a small bowl. Whisk in the 8 tbsps of heavy whipping cream making sure to fully incorporate the mixture. Lastly, add 2 tbsps of lakanto sugar-free maple syrup and mix well. If icing is too thick, add another tbsps of heavy whipping cream until softened

COMMUNITY IMPACT



As we make an effort to give back to our greater community for PT Day of Service, we invite you to pursue local opportunities to give back and make change, like Jennifer and her team at Vintage Paws.

Vintage Paws, a non-profit 501(c)(3) senior dog sanctuary, EIN 45-3687769, was started (officially) in 2013 by Jennifer Hummel, a long-time animal lover and owner of ACE Pet Resort. Jennifer experienced first-hand the devastating plight of senior dogs when their owners can no longer care for them. When Jennifer was 16, her mother was diagnosed with terminal cancer. Her mother knew that when she passed, her teenage daughters would be unable to afford care for their three senior dogs, let alone care for themselves. When the end was near, Jennifer's mother made the difficult decision to bring the dogs to Bishop Animal Shelter. Due to their age and health conditions, they were almost certainly euthanized.

Fast forward to 2004, when ACE Pet Resort opened its doors. From its inception, ACE provided a home for wayward senior dogs. Some live out the remainder of their lives here, being given the medical attention they need and the love they deserve. Others have been placed in their own forever homes.

The goal of Vintage Paws is to give senior and terminally ill dogs a home of their own. Vintage Paws will raise funding through grants, fundraising and private donors to build these dogs a



home to live out their remaining days, months or years. Vintage Paws will educate the public about caring for their senior dogs and ways to make the senior years more enjoyable for the dog and the owner.

Due to the present issue of limited space, Vintage Paws currently accepts a small number of senior dogs on a case-by-case basis. These dogs are dogs whose owners have passed, whose owners can no longer care for them, dogs who have been abandoned at a shelter, or otherwise deemed unadoptable due to age or illness.

If you are interested in getting involved, go online to <https://www.vintagepaws.org/>

PATIENT SUCCESS SPOTLIGHT

"I have been in treatment for a little over a month and it has been extremely rewarding."

"My name is Carla and I am a 52 year old African American female who is recovering from a stroke. I found FYZICAL by accident. The name was unique and good. I have been in treatment for a little over a month and it has been extremely rewarding. I find myself getting stronger and gaining more mobility after every session. I attribute that to the good therapy and therapist. He gives you undivided attention each session and they work with you performing different exercises to get you stronger and more mobile. He always gives you time at the end of each session to discuss any questions and discuss next steps. I find myself looking forward to going each time I am scheduled. That has been my experience there. The therapists there are very well versed, that's for sure!" - **Carla**

15 MINUTE CONSULT

CALL TO SCHEDULE TODAY!

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ELLENTON CLINIC: (941) 721-1854

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WE ARE RANKED #33
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EXERCISE OF THE MONTH

SINGLE LEG STANCE - FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg. Hold for 5-10 seconds. Repeat as desired.

Good exercise to improve your balance.

 SimpleSet Pro
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