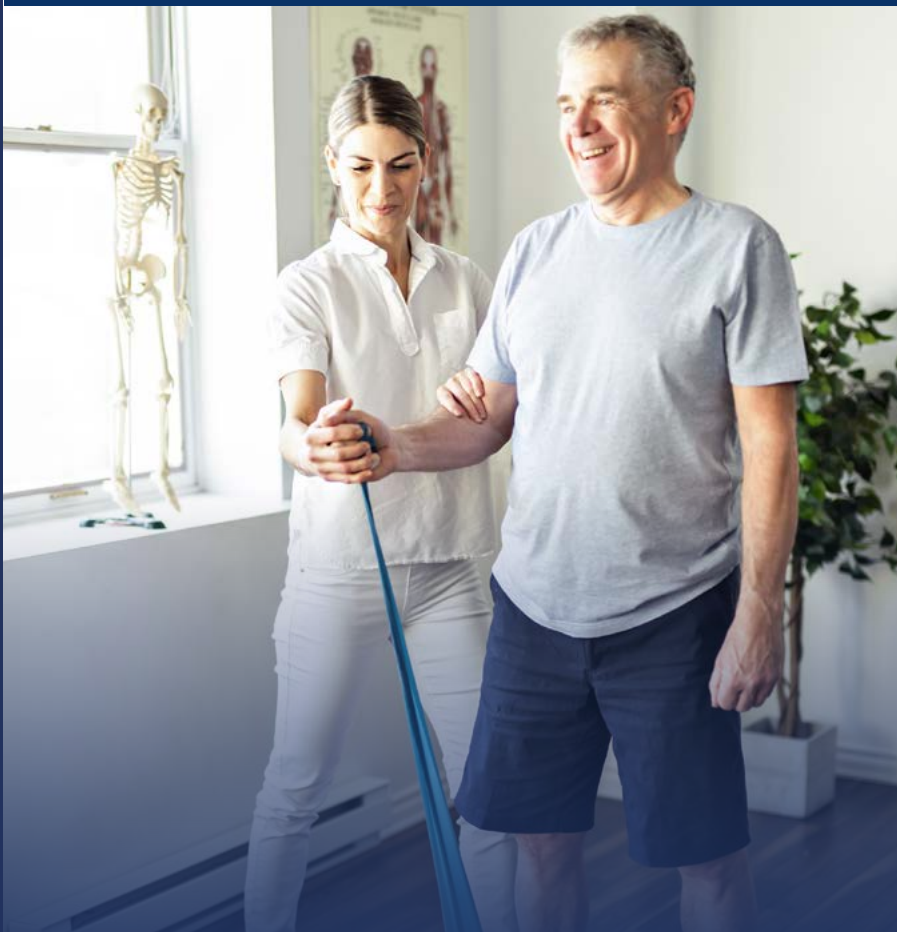




**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

HEALTH & WELLNESS

**NEWSLETTER**



**TAKE THE FIRST STEP TO  
GETTING BACK ON YOUR FEET**

Start 2022 Off Right

Healthy Recipe

Exercise  
Essentials



## TAKE THE FIRST STEP TO GETTING BACK ON YOUR FEET

At FYZICAL Bradenton, Ellenton, South Sarasota, and Venice, our licensed therapists treat several different pain conditions ranging from overuse to traumatic injuries requiring surgery. We have experience with young athletes, weekend warriors, and professional athletes, and are proud to provide state-of-the-art equipment in our clinic to help our patients recover and become stronger. Our therapists combine their knowledge of movement with criterion-based rehabilitation methodology to safely and effectively help you return to play.

If you have sustained a musculoskeletal injury and are in need of orthopedic care, contact us today to schedule an appointment so that we can assess your condition and help you get back to doing the things you love, free of pain.

### **What conditions can orthopedic care help with?**

The list of conditions that orthopedic care can help treat is neverending, however, some of the most common ones are as follows:

- ACL tears

- Back pain and sciatica
- Foot and ankle injuries
- Dizziness, vertigo
- Hip and knee pain
- TMJ dysfunction
- Throwing injuries
- Elbow and wrist pain
- And more

We receive many first-time physical therapy patients who feel that their appointments would be uncomfortable, unpleasant, or even agonizing because of their condition or illness. This is not the case! We strive to make sure each of our patients feels comfortable and informed about their condition, as well as what modalities their therapist recommends for treatment. Call us today to schedule your next appointment.



# NEW YEAR'S "START 2022 OFF RIGHT!"



Physical Therapy can benefit everyone, no matter your age or activity level. If you're experiencing pain, aren't taking part in the same activities you used to, have undergone a surgical procedure, are highly active and want to prevent injury, have experienced an injury from overuse, or want better balance and mobility, 2022 just might be the year for YOU to start physical therapy!

Our trained therapists will take a look at all of your symptoms and create a plan for you that will achieve the results you're looking for. Not only that, but we have retail items that will help you continue your health journey on your own, such as supplements for bone health, immune support, inflammation support, joint health, and more!

## HEALTHY RECIPE

### BALSAMIC BERRY VINAIGRETTE SALAD



#### INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- 1/8 tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/ goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

#### DIRECTIONS

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

## HAVE YOU MET YOUR **ANNUAL INSURANCE DEDUCTIBLE?**



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your physical therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

## 5-STAR REVIEW

"Truly one of the best therapies in all of Sarasota. I want to thank Dr. Virginia Reed in Ft. Myers for referring us to Brian Werner, National Director of Balance Education for FYZICAL, and Dr. Clint Khoury, Clinic Director. My dad has had severe vertigo and balance problems and we have been to several over a couple years and never have achieved the success of helping him with his problems, but making him feel better helping to improve his personality. Both are very attuned to their patients. There are not enough words to express my thanks for their dedication. I must say one of the most important team members is America, and she does the scheduling of patients, and always does it with such a smile. Again, highly recommend this group of highly skilled professionals." - **Anonymous**

## EXERCISE ESSENTIALS

### STANDING CALF STRETCH

Using a chair for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.



STRENGTHENS BACK

Exercises copyright of  
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## FREE PHYSICAL THERAPY SCREENING

Schedule your **FREE** screening with a physical therapist by calling and mentioning this coupon!

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

Call us or visit us online to schedule your next appointment.

**Expires 01-31-22**