

GIFT YOURSELF WITH PAIN RELIEF

NEW - AQUATIC THERAPY! READ INSIDE!

VERSE OF
THE MONTH



*"Therefore, if anyone
is in Christ, the new
creation has come: The
old has gone, the new
is here!"*

2 Corinthians 5:17

Merry Christmas!

Read our holiday message to you
and your family.

Retail Corner

Discover our newest products
we offer at FYZICAL.

Holiday Recipes

Family recipes from our
therapists' homes to yours!

NEW TO FYZICAL AQUATIC THERAPY!

ALSO NEW IN 2021:

Pilates Physical Therapy, Enhanced Industrial Rehab & Work Ergonomics, & Private & Group Rock City Boxing Classes.

NEW TO FYZICAL Therapy & Balance Centers at Southwest Georgia Rehab in Early 2021! Our community speaks and we listen! We are so excited to announce the addition of aquatic therapy services in Spring 2021! Our community deserves the very best, and that is exactly what we are committed to providing. Our state-of-the-art Therapy Pool will provide a new atmosphere and opportunity for physical rehabilitation. Aquatic Therapy is the best method of therapy for when weight-bearing exercise is painful or harmful. We are so excited about the number of patients this will benefit!

Aquatic Therapy Will Get You Moving Again. Do you find yourself not as active as you used to be? As we age, we lose muscle and bone mass, leading to the development of problems such as back pain, arthritis or osteoporosis. This makes it harder to do normal everyday activities like squatting down, getting out of bed, walking, and more. Regular exercise and physical therapy slow the loss of muscle mass, strengthens bones and reduces joint or muscle pain. In addition, physical therapy improves mobility and balance, which reduces the risk of falling as you age or suffering a serious injury. Physical activity is important and can help you live independently for as long as possible. However, if you have chronic aches and pains, it can be difficult to exercise. This lack of physical activity can make the condition even worse. This is where aquatic therapy can really help you. Aquatic therapy offers a very safe environment in order for you to get your body moving again. The temperature of the water helps to reduce inflammation and pain, relieves aches, and provides benefits to many of your other organs as well.

What Are The Benefits Of Aquatic Therapy? Aside from alleviating pain and speeding recovery, aquatic therapy has a number of other benefits, as well, including:

- **Begin Recovery Sooner:** Aquatic therapy allows patients to begin therapy sooner than land-based therapy allows because of support on weight-bearing joints.
- **Less Joint Stress:** Aquatic therapy allows for walking, running, and various movement activities without full weight-bearing.
- **Maximize Movement:** The resistance of the water allows patients to maximize each and every movement in a nearly pain-free environment. This also gives patients a great aerobic workout.
- **Hydrostatic Pressure:** The hydrostatic pressure of the water allows for decreasing edema in the extremities.
- **Relaxation:** Aquatic therapy decreases muscle tension and allows for a better relaxation response. And so much more!



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PT
SCREENING
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(229) 273-9445
Expires 12-30-20

Because of the unique benefits of Aquatic Therapy, it's beneficial for a number of diagnoses, such as:

- Sports injuries
- Post-surgical
- Joint replacements
- Neck, back and spine injuries
- Balance disorders
- Stroke
- Arthritis
- Parkinson's
- Cardiac problems
- Weight management

Our Aquatic Therapy Program Helps Our Patients Recover Faster!

When it comes to Aquatic Therapy, FYZICAL is proud to take our rewarding methods of therapy into the water. The buoyancy, support and accommodating resistance of water enhance exercise and create a safe environment for progressive rehabilitation. The water temperature prompts muscle relaxation, facilitates stretching and generally reduces the sensation of pain. Some of the benefits include:

- Improve Strength and Endurance
- Increase Range of Motion
- Normalize Muscle Tone
- Improve Balance and Coordination
- Protect Joints During Exercise
- Improve Circulation
- Decrease Swelling
- Reduce Stress
- Moderate Body Temperature

Our knowledgeable physical therapists are experts in muscle and joint problems, helping you return quickly to normal pain free function. At FYZICAL we listen to you and create custom aquatic therapy programs and hands on treatments that alleviate your pain, improve balance, improve movement and walking while getting you back to doing normal everyday tasks with a healthier outlook on life. Stay tuned for updates on how you can benefit from our aquatic therapy program!



FYZICAL[®]
Therapy & Balance Centers
CORDELE & VIENNA

www.fyzical.com/cordele | www.fyzical.com/vienna-ga

MERRY CHRISTMAS!

Merry Christmas, from your **FYZICAL family at Southwest Georgia Rehab!** As this year began, we didn't know where we would be come December. We are so grateful for our community, our jobs, our work family, and opportunities to improve the lives of our patients. Just as everyone else, our clinic experienced moments of chaos and confusion, but grew even stronger in our relationships with each other and with you, in our confidence in God's faithfulness, and in our desire to love, serve, and build relationships with all of our patients.

MERRY CHRISTMAS!
LOVE, FYZY
THE ELF



Although some things still look a little different, we are lifting our eyes to see the abundance of good around every corner. We have been blessed with amazing clinic improvements and supportive patients who have stuck with us through every twist and turn. Thank you for choosing us for your physical therapy. To us, you are more than patients; you're our family! We are praying your Christmas is filled with overwhelming amounts of joy, peace, hope, and love. And a Happy New Year!



ROCK STEADY BOXING NEW AT FYZICAL

Rock Steady Boxing, a unique exercise program, based on training used by boxing pros, and adapted to people with Parkinson's disease is coming to our Cordele clinic on Greer!

Rock Steady Boxing is a program that gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum. The Parkinson's Disease Foundation estimates there are more than 1 million people in the United States diagnosed with Parkinson's disease, and more than 60,000 people are diagnosed each year.



The program involves regular exercises, such as stretching, bicycling, running, jump-roping, push-ups, balancing, and lots of non-contact boxing, led by experienced trainers/coaches. Rock Steady Boxing serves both men and women of all ages and levels of ability. We are so fortunate to bring this program to Cordele and help those in our community with Parkinson's!

HOLIDAY RECIPES

The holidays are a time for great food and family, and our therapists are sharing the perfect dishes for you! These treats are staples around our clinic and in these therapists' homes, and we are so excited to share them with you! Let us know if you make these recipes with your family this year!

KIM'S CHRISTMAS MORNING JALAPENO GRITS



INGREDIENTS

- 8 cups water
- 2 cups heavy whipping
- 2 1/2 cups grits
- Jalapeño juice ~1/4 cup
- 2 cups shredded Colby jack cheese

DIRECTIONS

Bring to boil water and whipping cream. Slowly add grits and stir constantly. Once smooth, add jalapeño juice and cheese. Salt to taste.

STEPHANIE'S SWEET MOLASSES SUGAR COOKIES



INGREDIENTS

- 1 1/2 sticks of butter
- 1 cup sugar
- 1/4 cup molasses
- 1 egg
- 2 tsp baking soda
- 1/2 tsp cloves
- 2 cups all-purpose flour
- 1/2 tsp ginger
- 1 tsp cinnamon
- 1/2 tsp salt

DIRECTIONS

Melt shortening in a 3 or 4 quart saucepan over low heat. Remove from heat and let cool. Add sugar, molasses and egg. Beat well. Sift together dry ingredients and add all at once to first mixture. Mix until well blended. Chill at least one hour. Form in 1-inch balls, roll in granulated sugar, and place on greased cookie sheet 1 inch apart. Bake at 375 degrees for 8-10 minutes, just until set and lightly browned. They should be chewy and crunchy when cool.

PATIENT SUCCESS STORIES

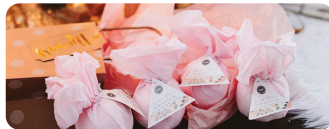
As we finish up 2020, we are celebrating the success stories of our patients!

"There is no other place that I would rather go to take care of all of my physical needs. I'm getting older and everything needs more attention. They are so professional but at the same time small town. I would recommend this business to anyone and feel very confident in doing so. Thank you for bringing your expertise to our community." - Donna P.

"I love FYZICAL. The therapists and PTAs are a wonderful bunch of people. They are willing to work with your schedule and they take your physical well-being AND spiritual well-being into consideration. Stacey Hathcock is AMAZING!! He's informed and uses evidence-based best practices to help his patients achieve optimal wellness." - E.T. Harper

"After having Covid-19 for 6 weeks, I was returning to my running schedule of 3-4 miles per day, but was sidelined due to what I thought was an overuse injury to both legs. The pain was unbearable! I called FYZICAL Therapy for some help. Stacey Hathcock and his staff are great people to work with! He said what the problem was and started right away in reducing my pain. After 3 sessions, my pain has significantly been reduced and I can begin to run without a lot of pain. FYZICAL Therapy and Balance Centers are very knowledgeable, friendly and very accommodating!" - Mariilyn B.

RETAIL CORNER



Last-minute Christmas shopping? We have just what you need! Shop our online store or in person for all the Christmas gifts and stocking stuffers you need for loved ones. From candles to wellness products, you'll find something for everyone! **Shop BioFreeze, Bridgewater Candle Company, and more at fyzical.com/cordele, or visit us at any of our three clinic locations!**