

THE



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

# NEWSLETTER

2020

## GET ON TRACK WITH YOUR GOALS WITH PHYSICAL THERAPY



### INSIDE:

- Live a Happier & Healthier Life with Physical Therapy
- New Year, New You
- Challenge Your Mind

Wishing You & Your Family

a happy & healthy

*Holiday Season!*



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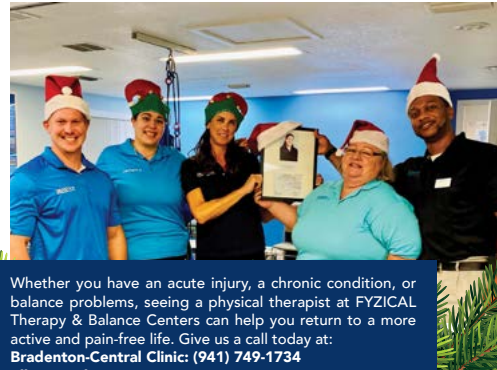
Therapy & Balance Centers

**NEWSLETTER**



2020

# A HOLIDAY MESSAGE TO OUR PATIENTS



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**

Christmas is a time of gratitude and fullness. We are incredibly blessed, and fortunate to be able to serve, work and interact with so many of you. People often ask if we like being a Physical Therapist. Without hesitation we all respond to that, that we love being FYZICAL Physical Therapists because we can spend time with amazing people with the primary concern to genuinely take care of them and get them feeling and moving better 99.9% of the time.

Often people will show up to Physical Therapy with difficult cases, including major limitations in an activity like walking or reaching and they often have debilitating pain. Sometimes progress is slow in the beginning but as we work together to improve the condition, the changes that come with Physical Therapy and healing are truly exciting to see. This year we have again been able to help thousands of you, and we are excited to continue to work with you and your friends and family.

### These Are "A Few Of Our Favorite Things":

- Getting you off crutches, after weeks of not walking.
- Seeing your relief from neck pain, back pain, headaches, written right on your face.
- Getting you back to recreational activities that were not possible before.
- Hearing you say: "I've been forgetting to take my pain medication lately!"
- Or hearing you say: "I can now check my blind-spot while driving!" or "...look behind me to back out of the driveway."

- Seeing you practice walking unsupported (no walker/cane) but 100% safe in our Safety Overhead Support.
- Or when you return to the clinic with a big smile instead of your walker or cane.
- Hearing about how your urinary incontinence has improved and now you are not having any accidents.
- Running into you in the community after you have completed your Physical Therapy sessions, so we can have a chat.

True, feel good 2020 story: While directly in front of a local Publix, where the pedestrian traffic crosses, I spotted a 75-year-old lady that we worked with a few weeks previous. She originally presented with vertigo and difficulty walking and was quite literally dragged/carried by her son into our clinic. But when I saw her going to cross in front of my car, I went for the window to roll it down and yell a hello, but I wasn't fast enough. My jaw hung low as she jogged across the parking-lot zebra-crossing. While I didn't get to say hi, I did get to feel some warm fuzzies as I watched her hustle across the parking lot.

MERRY CHRISTMAS! THANK YOU for choosing FYZICAL and sharing your recovery with us. We love it! It makes being a therapist fun and exciting.

Subscribe to receive our digital newsletters on our website today!

[fyzical.com/bradenton-central](http://fyzical.com/bradenton-central)  
[fyzical.com/ellenton](http://fyzical.com/ellenton)

# LIVE A HAPPIER & HEALTHIER LIFE WITH PHYSICAL THERAPY

**Physical therapy treatments are catered toward your needs and goals!** Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound. An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.

**Aspire toward a happier and healthier life today:** Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. Luckily, there is an option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.



Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further – FYZICAL is here to help. Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources: [http://www.apta.org/uploadedFiles/APTAorg/About\\_Us/Policies/Practice/PTRoleAdvocacy.pdf](http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Practice/PTRoleAdvocacy.pdf)  
<http://www.apta.org/Media/Releases/Consumer/2013/12/5/>

## NO-BAKE CHOCOLATE PEPPERMINT BALLS

### INGREDIENTS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)



### DIRECTIONS

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

<https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>

## CHALLENGE YOUR MIND FIND THE HIDDEN IMAGES



Add some holiday spirit to your day! Try looking for three hidden images placed in this newsletter. Find the hidden holiday bow, candy cane, and Christmas tree as seen above!

## YOUR HEALTH MATTERS TO US!

When you visit us, our team is committed to helping you feel confident that you are in good hands. As your health and wellbeing is our priority, we are:

- Screening all staff before starting their shift.
- Screening all patients upon arriving at the clinic.
- Requiring that all patients wear a face covering and all of our staff are wearing a face mask.
- Asking that clients remain in their car until their appointment time.
- Requesting all visitors to use the hand sanitization station at entry.
- Our clinic's cleaning standards align with or far exceed prescribed CDC Universal precautions for healthcare facilities and include: disinfection of pens, phones, computers, surfaces, and door handles regularly. Hand washing, as well as equipment and treatment table cleaning, is a typical routine before and/or after EACH client interaction.
- We have adjusted how we schedule team members and clients to control volume safely.
- We are also offering Telehealth for those who wish to continue physical therapy treatments at home and not lose progress.

## NEW YEAR, NEW YOU



### 3 Simple Wellness Tips for Healthy Resolutions

Do you use the new year as an annual health seminar with yourself? Here's a list of 3 simple wellness tips. Cheers to a healthy and happy new year.

**1. Drink half your body weight in ounces of water.** If you weigh 160 lbs, you should drink 80 oz of water. Drinking water has plenty of benefits, including increasing energy, flushing out toxins, improving skin complexion and boosting immunity.

**2. Start the morning with a hydrating warm drink.** Drinking warm water with lemon is a great choice as the combination makes for a wonderful, healthy flavor. Apple cider vinegar concoctions can also rehydrate and influence the body's alkaline state.

**3. Be active daily.** Aim for 30 minutes of daily activity. Break up your exercise throughout the day: 10 minutes before work, 10 minutes afterward, and 10 minutes at home with the kids.

If a long-term resolution seems daunting, aim for new measurable goals monthly. Think short-term and create a new goal every month.

## TIPS TO PREVENT HOLIDAY STRESS



**Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing a zoom call, look at a few memorable pictures, send e-mails or videos.

**Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

**Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

**Learn to say "no".** Those of us that always say "yes" sometimes feel resentful and overwhelmed. Don't worry! Friends and colleagues will understand if you can't participate in every project or activity. Instead, take steps to prevent the stress and possibly even depression that can descend during the holidays. Learn to recognize your holiday triggers! Financial pressures or personal demands can really get you down. Combat them before they lead to a problem.

FREE 15 MINUTE CONSULT

CALL TO SCHEDULE TODAY!

BRADENTON-CENTRAL CLINIC: (941) 749-1734

ELLENTON CLINIC: (941) 721-1854

Limited to the first 25 callers.  
Expires 12-30-20



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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](http://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](http://fyzical.com/ellenton)

# EXERCISE OF THE MONTH

## CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your head, torso, and hips. Rotate your hips and knees apart (like a clam opening) while remaining contact with your heels. Keep the top hip parallel with the ceiling. Lower your leg to the starting position and repeat on other side. You should feel a stretch in the outer hip of your top leg. Repeat 10 times on each side.

 SimpleSet Pro  
[www.simpleset.net](http://www.simpleset.net)

