

THE



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

# NEWSLETTER

2021

## IS BACK PAIN SLOWING YOU DOWN?

### INSIDE:

- Back Pain Prevention
- How to Approach a New Year's Resolution
- Patient Success Spotlight
- Challenge Your Mind

Wishing You & Your Family

a happy & healthy

*New Year!*

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER

2021

## IS BACK PAIN SLOWING YOU DOWN?



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**

Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.

**What Causes Back Pain?** A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

**Back Pain Solutions.** You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

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)

# BACK PAIN PREVENTION

A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

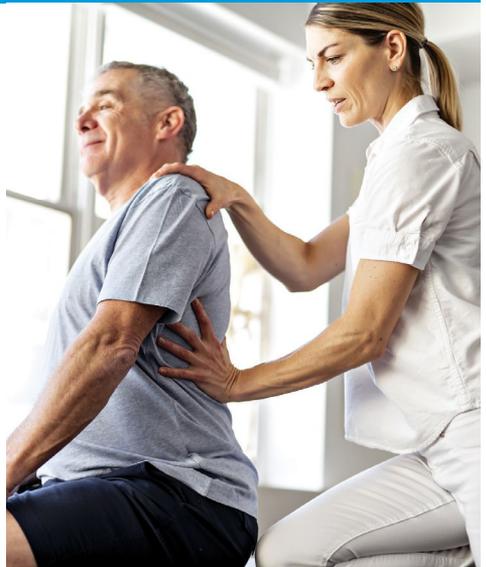
**Lift Properly.** You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

**Use Good Posture.** When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

**Use Strength Training.** Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. **You deserve a pain-free life, and your back will thank you.**

Sources: <http://www.apta.org/>  
<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>  
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>



## PITAYA SMOOTHIE BOWL



### INGREDIENTS

- 2/3 cup frozen pineapple chunks
- 1 tablespoon light agave nectar
- 1/8 teaspoon salt
- 1 cup cubed fresh pink pitaya (dragon fruit), divided
- ¼ cup chia seeds
- ¼ cup sliced fresh strawberries
- ¼ cup sliced banana
- 2 tablespoons toasted unsweetened shredded coconut
- 2 tablespoons toasted unsalted pistachios

### DIRECTIONS

Combine pineapple, agave, salt and ¾ cup pitaya in a blender; puree until smooth, about 30 seconds. Stir in chia. Transfer to two bowls; chill for 15 minutes. Top each bowl with strawberries, banana, coconut, pistachios and the remaining ¼ cup pitaya.

## CHALLENGE YOUR MIND WORD SCRAMBLE

Directions: Rearrange the letters below to reveal two physical therapy terms. Write your guess on the blanks below! See if your guess is correct by checking the answers under our coupon!

nlauama ahertpy

-----

htrisiart napi

-----

## Patient Success Spotlight



**I feel confident in his ability as he always knows where my problem areas and pain are!**

"I have had an exceptional experience at FYZICAL Therapy and Balance Centers. The staff upon entering are always happy, professional, and helpful. As for my personal experience with my therapist, I have worked with Jeremiah and he has helped me more than I have ever been helped in therapy before. I have had therapy up north several times with no relief. With each session, I feel better and I always leave feeling like a million bucks. I can do whatever I need. He is always attentive and listens to my concerns and frustrations allowing him to properly treat my issues. I feel confident in his ability as he always knows where my problem areas and pain are for the most effective treatments. I can't thank FYZICAL Therapy and Balance Centers enough for helping me get through this painful time in my life."

## NEW YEAR, NEW BENEFITS



With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let FYZICAL help you on your journey to becoming strong, healthy, and active in 2021.

## HOW TO APPROACH A NEW YEAR'S RESOLUTION



**1. Consider Your Intentions.** The most common resolutions are to lose weight, spend less money, and get organized. But why are their intentions? Do you want to feel better about your body? Know that you won't need to worry about money for retirement? Honoring the personal meaning behind an action helps us maintain our resolve.

**2. Focus on Process, Not Results.** Don't focus on a result, with no identification of a process for how to get there. Instead of focusing on "losing 10 pounds," try focusing on going for walks or eating healthy salads for lunch — you will probably end up losing some weight in the process. The focus of our resolution should be the process — the infinite present moments in which transformation will occur — rather than the single instance of its attainment.

**3. Consider Resolution Alternatives.** If the pressure of New Year's Resolutions is too much, consider a few alternative ways to set your intentions for the upcoming year:

- **Make a Vision Board:** A vision board compiles images that represent what you want for yourself in the upcoming year. It's a great way to have a visual reminder of your intentions.
- **Choose a Word of the Year:** Many people have embraced the trend of choosing a word for the year — like breathe, trust, dance, fly — that encapsulates the feelings, attitudes, and behaviors they desire in the year ahead. This word can guide your choices and actions — instead of setting firm expectations for yourself, you can ask if a particular behavior aligns with your word and your intentions.

Ultimately, New Year's Resolutions are about growth and improvement. They are about bringing health and joy and ease into our lives. With mindfulness we can bring awareness to our habits and hold ourselves with compassion and kindness as we seek meaningful transformation.

**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 01-29-21

**WORD SCRAMBLE ANSWERS:**

Manual Therapy & Arthritis Pain



**FYZICAL**<sup>®</sup>  
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](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

**SUPPORTED BRIDGE**

Lie on your back with knees bent and feet hip distance apart. Place your feet close enough so they can be touched by your finger tips. Inhale and lift the hips, place a block under the sacrum. Keep the chest open. Hold for 30 seconds and repeat 10 times.

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

