

THE



FYZICAL[®]
Therapy & Balance Centers



2021

IS YOUR FOOT OR ANKLE PAINING YOU?

INSIDE:

- How Should My Sprain Or Strain Be Treated?
- New Clinic Location
- Healthy Recipe
- Challenge Your Mind

**NEW CLINIC
LOCATION!**

DETAILS INSIDE

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER



2021

PHYSICAL THERAPY CAN HELP YOU GET TO THE BOTTOM OF YOUR SPRAIN OR STRAIN



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
South Sarasota Clinic: (941) 894-6848

Have you recently sustained an injury to your foot, ankle or lower leg that has resulted in pain? If so, it is possible that you may be experiencing the effects of a sprain or strain, depending on what structure was injured (tendon or ligament). While there are many factors that can lead to foot, ankle and lower leg pain, sprains/strains are very common examples. Even if your pain subsides, dysfunction, or the inability to use the affected leg normally may still be present.

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, FYZICAL can help! We can determine if the cause of your injury was indeed a sprain or strain, in addition to helping provide you with the necessary treatments for healing and full return to normal function. We can also provide you with tips for avoiding re-injury in the future, so you don't have to worry about avoiding certain activities.

Why is my foot or ankle hurting? Whether you trip, fall, or twist your foot or ankle "the wrong way", foot and ankle pain that stems from a sprain or a strain is always the result of some sort of injury. However, it is also commonly due to an underlying weakness in the muscles of the foot or leg. In fact, any accumulation of factors can lead to onset of pain without apparent cause, including loss of range of motion, altered movement patterns, balance issues, and overall affected mobility.

People who sprain or strain their foot, ankle or lower leg often find that they are continuously re-injuring that part of their body. Fortunately, this

does not have to be the case with the help of physical therapy. This actually applies to any sprain or strain, not just in the lower leg.

What's the difference between a sprain and strain? Sprains happen when a ligament (the tissue that connects one bone to another) is over-stretched or torn. A sprain can also happen when there is damage to a joint capsule, or the part of the ankle or foot that adds stability to the joint. Symptoms of sprains include pain, inflammation, muscle spasm, and sometimes an inability to move your foot or ankle.

While sprains happen when there is damage to a ligament, strains happen when there is damage to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts while it is stretched, like when you run or jump. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without a in-depth physical therapy examination.

If you are unsure about whether you sustained a sprain or strain, if you are unsure if there is risk of it happening again, or if you feel restricted in any way after injury, we can help you figure it out.

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HOW SHOULD MY SPRAIN OR STRAIN BE TREATED?

Foot and ankle pain treatment depends on how the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain or if the joint looks out of place, it is important to visit a doctor as soon as possible, because a fracture may be suspected. However, within a few hours of compression wrapping and elevation, most people notice that the swelling begins to subside, and they can carry-on with most of their daily tasks with varying levels of discomfort. However, this initial treatment of a foot or ankle sprain does not help strengthen the area or prevent related injury in the future. For optimal results, it is best to consult with a physical therapist to see what the best methods would be for conservative functional healing and for avoiding re-injury of the affected area.

Once the acute and sub-acute phases of the injury have passed (the phases where there is pain), it is possible to prevent future injury through exercises targeted at strengthening the muscles that require attention. Your physical therapist will prescribe certain strengthening exercises to regain your normal level of function. This may include any of a myriad of exercises, specified specifically to your needs.

How will physical therapy help my sprain or strain? Physical therapy is designed to relieve the pain of a foot, ankle and/or lower leg problem, improve range of motion of stiff joints, and strengthen your muscles so they are able to take-on the shock of normal activities. While pain within your foot, ankle or lower leg may



subside on its own, there are dysfunctions up the chain that can last for much longer, leading to other injuries. For example, changes in your walking pattern can result in knee, hip or even back injuries, making it difficult for you to move around freely. Physical therapy is the best way to make sure that these injuries do not occur.

Our physical therapists will show you therapeutic exercises that target the muscles that keep the foot or ankle supported and the lower leg conditioned to move as normal as possible. They may even recommend a customized physical fitness program that can help you reduce stress on your feet, ankles and lower legs.

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. **Contact FYZICAL today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains.**

CALL US AT BRADENTON-CENTRAL: (941) 749-1734, ELLENTON: (941) 721-1854 OR SOUTH SARASOTA: (941) 894-6848!

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.

SHAMROCK GREEN SMOOTHIE



INGREDIENTS

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls of spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

DIRECTIONS

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>

NEW CLINIC LOCATION



BEFORE



BEFORE

We are excited to now be able to serve our Sarasota community as well, through getting patients back to doing the activities they love to do by relieving their pain, improving their function, and/or their balance! We are taking all COVID-19 precautions to keep our community safe, and welcome you, your family, and your friends, living in Sarasota, to stop by.

FYZICAL South Sarasota

5980 S. Tamiami Trail
Sarasota, FL 34231



CHALLENGE YOUR MIND FIND THE HIDDEN 4 LEAF CLOVER



Challenge your mind!
Find the hidden 4-leaf clover in this newsletter.



FYZICAL
Therapy & Balance Centers

FREE

15 MINUTE CONSULT
SHOW YOURSELF SOME LOVE!

CALL TO SCHEDULE TODAY!

BRADENTON-CENTRAL CLINIC: (941) 749-1734
ELLENTON CLINIC: (941) 721-1854

Limited to the first 25 callers.
Expires 04-15-21





FREE 15 MINUTE
CONSULT

DETAILS INSIDE



Entrepreneur
FRANCHISE
500
2020

WE ARE RANKED #33
ON THE ENTREPRENEUR
FRANCHISE 500 FOR 2020

BRADENTON-CENTRAL CLINIC

5211 Manatee Ave West
Bradenton, FL, 34209
P: (941) 749-1734
F: (941) 749-1736

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

SOUTH SARASOTA CLINIC

5980 S. Tamiami Trail
Sarasota, FL 34231
P: (941) 894-6848
F: (941) 263-7491

fyzical.com/south-sarasota-fl

EXERCISE OF THE MONTH

TOE CURL

Sit with one foot forward resting on it's heel. Curl your toes down and hold for 10 seconds, then flex your toes up and hold for 10 seconds. Repeat 5 times on each foot.



 SimpleSet Pro
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