



LIVING LIFE WITHOUT BACK PAIN

IT'S TIME TO SAY GOODBYE TO BACK PAIN, ONCE & FOR ALL!



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LIVING LIFE WITHOUT BACK PAIN

Anyone who has struggled with back pain can tell you plain and simple: when your back is hurting, there is no way to pretend that it isn't! Recovering from a back injury takes time and effort, and when back pain is obstructing you from getting started, it requires help. A physical therapist at FYZICAL can help you to relieve and prevent back pain through a therapeutic treatment plan at our Hazel Township clinic. To learn more or to schedule an appointment, call our office today!

What is back pain? Back pain used to be difficult to treat. If you experienced back pain, whether as a result of a work injury, trip-and-fall accident, or even just as a result of aging, the answer was almost always the same: head home, take a long rest, and give your back time to heal.

Whether you have been injured or have been suffering for a long time, seeing a physical therapist at FYZICAL Therapy & Balance Centers of Hazleton can help you return to a more active and pain-free life. Give us a call at (570) 501-1808 today!

This isn't the way that things are anymore! For starters, heading home and taking a long rest until your back is healed may work for some, but not for most. With deadlines and carpools and work schedules to keep up with, there needs to be an alternate solution to dealing with back pain that doesn't require you to completely remove yourself from your responsibilities.

What's more, recent research indicates that resting may not actually be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can cause the back muscles to weaken and can even weaken bone strength!

WHY DOES MY BACK HURT?

There are a lot of different reasons that back pain can develop. Sprains and strains are common injuries that can happen in several ways.

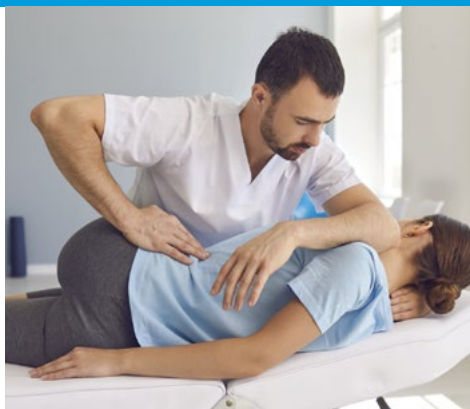
You might be amazed to discover the different factors that could be influencing your back health. Such as:

- Your personal level of physical activity, including how often you exercise and the intensity of your typical workouts.
- The types of shoes that you wear, in addition to how frequently you walk in different types of shoes, particularly shoes that lack support or those with high heels.
- Sitting at a desk for eight hours or more consecutive days of the week, or spending too much free time lounging on the couch or bed.

When you are inactive, blood flow can actually become impeded, and this can have a negative effect on the overall health of your back and spine. Aerobic activity and strength training exercises actually make it possible to reduce your risk of injury and improve back pain.

How can a physical therapist help ease my back pain? Physical therapy offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain, not just your symptoms. Physical therapy can help you overcome back pain by giving you the knowledge and support necessary to help your back feel better, giving you the option to get off the couch and push yourself to reach new goals.

Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly, but instead



are guided through the process of healing with gradual steps. Remember, back pain can control your life, but only if you let it! There are plenty of treatment options available to you that do not include expensive surgery or harmful medications.

Taking the first step towards recovery. For more information about overcoming back pain, contact our clinic in Hazel Township to schedule an appointment. Rest assured that we understand just how hard back pain can make a person's life. We'll do everything we can to help ease your discomfort and teach you how to manage it at home as well.

CALL (570) 501-1808 TODAY TO SCHEDULE AN APPOINTMENT!



GREEN FRITTATA

INGREDIENTS

- 2 eggs, lightly beaten
- 4 egg whites
- 2 tbsp fat-free milk
- 1 tsp snipped fresh chives
- 1/8 tsp black pepper

DIRECTIONS

Preheat the broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese. In an 8-inch nonstick broiler proof skillet heat oil over medium. Add asparagus and green onions; cook and stir for 2 minutes. Add spinach and garlic; cook for 30 seconds. Pour the egg mixture into the skillet; reduce heat to low. Cook covered for 10 to 12 minutes. Sprinkle with remaining 2 tablespoons of cheese. Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until top is set and cheese is melted. Top with tomato.

- ¼ cup shredded Parmesan cheese
- 2 tsp olive oil
- ½ cup 1/2-inch pieces asparagus
- ¼ cup sliced green onions
- ½ cup chopped spinach leaves
- 1 clove garlic, minced
- 1 small roma tomato, chopped

WORD SEARCH

T R B H J S E I E H Y C B K Q
Y H K F Q Q Y S N Z S I A H R
U N E F V I Z A I P E B C T O
S G L R O I Z U I C Y O K L F
K Q H P A H L N I T R R A A N
H J A S B P A S I Y F E X E C
X I X W E L Y V B E P A X H B
N W Y T I L I B I X E L F E O
E V R E N T C L N F I B M K B
L M A R C G E S D U D G U Z
D D Q A J R M O U I Z F U Q Z
W Z Q H T Z F E Q M L S N K M
M A N U A L G C Y I E L F G C
D L X H E S H P A H P V Q X H
X Z P A J I K V P B Z E Z B N

ACTIVITY
AEROBIC
BACK
EXERCISE

FLEXIBILITY
HEALTH
MANUAL
MUSCLES
NERVE

PAIN
RELIEF
SPINAL
THERAPY

Relieve Back Pain In Minutes

Try this movement if you are experiencing back pain.

Stretches Back



SEATED KNEE TO CHEST STRETCH

Sit tall in a chair with feet flat on the floor. Gently pull the knees to the chest with both hands until a comfortable stretch is felt in the mid and lower back. Slowly return to the starting position. Aim to complete 4 to 6 repetitions of this exercise.



PATIENT SUCCESS SPOTLIGHT



"I must say after my first day I could feel life coming back into my leg!"

"I fell off a ladder onto a cement retaining wall in 2018. I went to the ER and nothing was done to help me. I went to a chiropractor who did all she could and said I should try going to FYZICAL. When I walked in, I was bent over and in great pain in the back and leg. After my evaluation, I was treated by Amy. I must say after my first day I could feel life coming back into my leg. The whole team at FYZICAL were very kind and never made you do anything that hurt but made me feel good all over. It's funny but I looked forward to going in. After I was released from PT, I ended up coming back in and joining the gym and I feel so much better. Thanks to all the wonderful people at FYZICAL. God bless you all." - N.D.

DISCOVER HOW TO LIVE PAIN-FREE

At FYZICAL, you will receive hands-on therapy treatments by our friendly, caring health experts during focused and individualized sessions.

We have blocked off 20-minute appointment spots for FREE consultations with our physical therapists. The purpose of the appointment is to go over any problems you are having and get you on the right path to living a healthier life. **So if you are experiencing any pain and you'd like to find out the cause and the way to solve it, then give us a call to schedule. 570-501-1808.**

FREE

20 MINUTE CONSULTATION

BIG DEAL



CALL (570) 501-1808
TODAY TO SCHEDULE

Limited to the first 15 callers.
Offer expires 05/28/21



FREE 20 MINUTE
CONSULTATION
DETAILS INSIDE

FYZICAL THERAPY & BALANCE CENTER OF HAZLETON
1077 N Church Street
Hazle Township, PA 18202
P: (570) 501-1808
F: (855) 635-6308

www.fyzical.com/hazleton



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1077 N Church Street
Hazle Township, PA 18202
P: (570) 501-1808
F: (855) 635-6308

**CHECK OUT OUR ONLINE
STORE!**

FYZICAL now offers physical therapy items and workout equipment on our online store. **Visit our store at www.fyzical.com/hazleton/Online-Store/Link-test.**

