



SEASON OF RENEWAL

SPRINGTIME ACTIVITIES & FITNESS



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SEASON OF RENEWAL

Springtime is here, and with it comes new beginnings, growth, and a chance to get started on reaching your fitness goals!

All of us have been stuck inside for months, so it goes without saying that now more than ever it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move. The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again!

Sometimes, however, the fear of sustaining an injury can prevent you from leading a healthy and active lifestyle. If you're in need of assistance for improving your mobility, physical therapy can help. Contact FYZICAL today to schedule an appointment.

How physical therapy can help you become more active for springtime. According to the HHS, "More than **80%** of adults do not **meet the guidelines** for both aerobic and muscle-strengthening activities, and more than **80%** of adolescents do not do enough aerobic **physical activity** to **meet the guidelines** for youth." Finding the time or the motivation to exercise is difficult for many people, but with a season of renewal right around the corner for us, it's important to know what your options are when it comes to getting into shape!

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!

Physical therapy is not only useful for people recovering from an injury or surgical procedure. FYZICAL physical therapists are movement specialists who offer safe and natural ways of healing, as well as ways to improve your overall level of fitness so that you can enjoy physical activities this spring!

A physical therapist in Hazle Township can evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

Our therapists can also teach you the proper techniques for warming up before your chosen activity and the best post-workout stretches for an effective cooldown.

SPRINGTIME ACTIVITIES PHYSICAL THERAPY CAN MAKE MORE ENJOYABLE

A physical therapy program can increase your fitness level and help you make the most of your favorite activities! Some of the most common activities that physical therapy can help you enjoy more fully are running, gardening, biking, and yoga.

Running. Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain are shin splints. These occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. They are normally due to poor alignment of the body, or weakness in the leg muscles. A physical therapist can help make sure your joint health is up to par before you hit the trails!

Gardening. Gardening usually requires you to get down on your hands and knees in the dirt! Physical therapy can help you to relieve any knee pain you've been experiencing that may keep you from spending time outside tending your flowers, fruits or vegetables. Severe knee injuries often include bone bruises or damage to the cartilage or ligaments, which a physical therapist can identify and remedy.

Biking. Biking is a super fun activity people enjoy doing as it warms up outside! Similar to running and gardening, however, biking can also prove to be difficult if you're suffering from injuries that have not healed, or chronic pain conditions that restrict your mobility. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Yoga. Yoga is a great way to gently increase your heart rate and improve your levels of flexibility. It also strengthens your muscles!



Many physical therapy programs already incorporate stretches that are found in yoga routines, however, if yoga is your preferred method of fitness, a physical therapist can help ease chronic aches and pains that may be making yoga difficult for you. The better you feel about your abilities to do your stretches and poses, the more often you can take your mat outside to practice!

Spring into better health this season. FYZICAL in Hazle Township offers many types of therapeutic methods to help athletes and weekend warriors alike to participate in whatever fitness or outdoor activity they love the most. **If you're interested in polishing up your physical abilities this season, call our clinic today to schedule an appointment.**

<https://www.hhs.gov/fitness/resource-center/facts-and-statistics/>

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



PROTEIN PB & J SMOOTHIE BOWL

INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen

- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

DIRECTIONS

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>

SUDOKU

9	5		3			7		2
1				6			9	
					8			
6					3		4	
	8	1				3	2	
	9		4					8
			2					
	7			3				9
3		4			9		6	7

<http://1sudoku.com>

n° 224059 - Level Medium

Relieve Hip Pain In Minutes

Try this movement if you are experiencing hip pain.

Strengthens legs



HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.



PATIENT SUCCESS SPOTLIGHT



"My program was customized to my needs and I progressed quickly!"

"I came to FYZICAL after surgery on my hip. From the start, coming here was a pleasure. Ting and his staff were fabulous. My program was customized to my needs and I progressed quickly. I was very happy with my Therapy and would refer anyone who needs therapy to come to FYZICAL. The gym is beautiful, clean and there is plenty of machines and cardio equipment. Thanks for getting me back to my normal activities." - L.F.

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 06/28/21



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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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.**

