



THE IMPORTANCE OF CONTINUING YOUR PHYSICAL THERAPY SESSIONS, EVEN IN THE SUMMER MONTHS



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THE



FYZICAL®
Therapy & Balance Centers

2021

NEWSLETTER

JUST BECAUSE IT'S SUMMER DOESN'T MEAN YOU CAN'T STILL BENEFIT FROM PHYSICAL THERAPY!



With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At FYZICAL, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact FYZICAL today.

I'm having trouble finding time for physical therapy – what should I do? As the saying goes, "where there's a will, there's a way." If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

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!

One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health. Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

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www.fyzical.com/hazleton

PHYSICAL THERAPY IS STILL ESSENTIAL, NO MATTER THE TIME OF YEAR

Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!



Get started today. Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need! **Contact FYZICAL today to schedule an appointment.**

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



SPAGHETTI WITH ASPARAGUS

INGREDIENTS

- 1 lb. spaghetti
- 2/3 cup extra-virgin olive oil
- 1 large bunch asparagus, trimmed, thinly sliced on a deep diagonal
- 4 garlic cloves, smashed

- 4 3"-long strips lemon zest
- ½ tsp. crushed red pepper flakes
- 8 large basil leaves
- 2 lemons, halved
- 2 oz. Parmesan, finely grated (about 1 cup), plus more for serving

DIRECTIONS

Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving 1½ cups pasta cooking liquid. Meanwhile, heat oil in a large pot over medium-high until simmering. Add asparagus, season with salt, and cook, stirring often, for 1 minute. Add garlic, lemon zest, and red pepper flakes and cook, stirring, for 30 seconds. Remove from heat and let sit until pasta is done. Add pasta and basil to pot with asparagus mixture and return to medium-high heat. Squeeze juice from both lemons into pot and add 2 oz. Parmesan and 1 cup reserved pasta cooking liquid. Cook, tossing vigorously and adding more pasta cooking liquid if needed, for 1 minute. Remove and discard garlic. Divide pasta among bowls, placing a lemon strip in each, and top with more Parmesan.

<https://www.bonappetit.com/recipe/spaghetti-al-limone-with-asparagus>

SUDOKU

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				5			2	6
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<http://1sudoku.com>

n° 218215 - Level Medium

PATIENT SUCCESS SPOTLIGHT



"The care and compassion given to me helped me through my sessions!"

"My friend referred me to FYZICAL and during my first visit, I was convinced I came to the right place. As my therapy began I knew that none of the other places I had been to before came close to the therapists here at FYZICAL! The care and compassion given to me helped me through my sessions. They were always teaching and improving what was needed and helpful to the improvements I feel today. Thank you FYZICAL for helping me reach my goals." - I.S.

Relieve Shoulder Pain In Minutes

Try this movement if you are experiencing shoulder pain.

Loosens shoulders



CHEST & SHOULDER STRETCH

Stand with good posture, then interlace your fingers behind your back. Press your hands up until you feel a stretch across the front of your shoulders. Hold for 15 seconds and repeat 3 times.



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 07/28/21



FREE 20 MINUTE
CONSULTATION
DETAILS INSIDE

FYZICAL THERAPY & BALANCE CENTER OF HAZLETON
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**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.**

