



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

# NEWSLETTER

## Season of Renewal



*Schedule your appointment today by scanning the QR code or by visiting us online at [fyzicalutah.com](http://fyzicalutah.com) or call the clinic closest to you.*

**[fyzicalutah.com](http://fyzicalutah.com)**



## NEWSLETTER



### 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 in improving your mobility, physical therapy can help. Contact Fyzical Therapy & Balance Center 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!

Physical therapy is not only useful for people recovering from an injury or surgical procedure. Fyzical Therapy & Balance Center 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!

Our physical therapists 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.



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## 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 Therapy & Balance Center 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/>

## Refer A Friend



## Do You Have Friends Or Family Unable To Do The Following?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active and healthy life

Have Them Call Us Today!  
They will thank you, and so will we!

## Relieve Pain In Minutes:

Try this stretch if you are experiencing arthritic pain.

### Helps Stretch Upper Neck

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

### Forward Bend - Long Sitting

Sit with legs straight out and lower back tall. Bend forward keeping your lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



[fyzical.com/utah](http://fyzical.com/utah)

## 3 Natural Ways to Beat Spring Allergies



- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.
- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside.

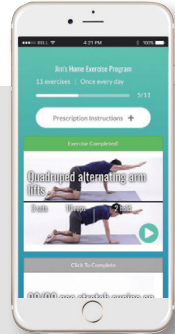
Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

## Personalized Home Exercise Program

Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. You'll love the high-quality video content that stays in your pocket for reference and recording completion. *Reach out to us or visit our website at [fyzical.com/utah](http://fyzical.com/utah) to learn more about this program.*



- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



## Has Your Pain Come Back?

*Come back in for physical therapy!*

**Provo Address:**  
3303 North  
University Avenue  
Provo, Utah 84604  
(801) 373-7438

**Lehi Address:**  
3401 North Center  
Street Suite #200  
Lehi, Utah 84043  
(385) 309-1951

**Orem Address:**  
360 South State  
Street #C110  
Orem, Utah 84058  
(801)-850-9146

**Ogden Address:**  
1221 E 5800 S  
South Ogden, UT  
84405  
(801) 476-2000

**Midvale Address:**  
6717 S. 900 E.  
Suite 201  
Midvale, Utah  
(801) 649-4690



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