



FYZICAL[®]
Therapy & Balance Centers

HEALTH & WELLNESS

NEWSLETTER



PHYSICAL THERAPY CAN HELP YOU GET READY FOR SPRING SPORTS

Injury Prevention
With Physical
Therapy

5 Health
Benefits Of Spring
Cleaning!

Featured Treatment:
Dry Needling

Schedule your next appointment now at fyzical.com/utah



PHYSICAL THERAPY CAN HELP YOU GET READY FOR SPRING SPORTS

Are you wondering how to prepare yourself for the spring sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the warmer season will come, and so will spring sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the spring sports season. At Fyzical Therapy & Balance Centers, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in track and field, volleyball, baseball/softball or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season!

Request an appointment to get our team to help you get ready to compete!

HOW PHYSICAL THERAPISTS HELP ATHLETES PREPARE FOR SPRING SPORTS

Making sure your body is strong, stable, and prepped for the game

is vital for maintaining high performance. Playing the sport you love, whether competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.



LET'S GET YOU BETTER ASAP!

Scan the QR Code to schedule your next appointment now!



INJURY PREVENTION WITH PHYSICAL THERAPY

One significant aspect of physical therapy at Fyzical Therapy & Balance Centers is that it can help you prevent an injury this spring. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse.

Traumatic injuries are caused by a specific incident, such as:

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions (i.e., football collisions, soccer ball heading, falls, etc.)

In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. *Some examples of overuse injuries include:*

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to be sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your bones. When a tendon is stretched beyond its limit, a strain can occur.

Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition.

Receiving physical therapy before you begin playing this spring could make all the difference in how ready your body is to be out on the field or court. We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them thoroughly.

As you progress through rehabilitation, our focus will shift to increase the intensity and complexity of your program. Our team will incorporate sports-specific training to prepare your body for the demands of a competitive sports season. We will work to ensure you are ready for the start of your season.

REQUEST AN APPOINTMENT TODAY!

Are you an athlete preparing for spring sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!

Sources:
<https://delfamdoc.org/wp-content/uploads/2019/11/current-trends-sports-injury-prevention.pdf>
<https://link.springer.com/article/10.1007/s40279-019-01232-4>

WE WANT TO HEAR FROM YOU!

Help us help more people in our communities by sharing your experience with Fyzical Utah!



DON'T NEGLECT YOUR PAIN ANY LONGER.

Scan the QR Code to schedule your next appointment now!

5 HEALTH BENEFITS OF SPRING CLEANING!

1. ALLERGY SYMPTOM REDUCTION.

A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering dust mite allergies are the number one cause of bronchial asthma in the world. About 2.3 million Americans have been diagnosed with asthma. A 2014 study found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

2. CLEANLINESS PRODUCES HAPPINESS.

Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

3. BETTER HEART HEALTH.

If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.



4. DECLUTTER AND DO A GOOD DEED BY DONATING.

An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

5. GET A BETTER NIGHT'S SLEEP.

Do you have trouble sleeping at night? In a recent poll, it was found that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.

Sources:
ncbi.nlm.nih.gov/pubmed/19934011
parsleyhealth.com/blog/health-benefits-spring-cleaning

DRY NEEDLING

WHAT IS DRY NEEDLING?

Dry Needling is a technique physical therapists use to treat myofascial pain. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle, known as trigger points.

WHAT ARE THE BENEFITS OF DRY NEEDLING?

There are tons of musculoskeletal conditions that can be treated with dry needling. We have also found that the vast majority of our patients achieved the pain-free outcomes they were looking for when our conventional exercise-based therapies were combined with dry needling.

Our physical therapist will let you know if dry needling is the right course of treatment for you, but only after a thorough assessment to determine the severity of your condition!



**WE OFFER DRY NEEDLING
AT ALL OF OUR LOCATIONS!**

Call today to schedule an appointment to see
if Dry Needling would benefit you!

**Give us a
call today!**

PROVO
(385) 220-7178

LEHI
(385) 350-8704

OREM
(385) 324-6939

OGDEN
(385) 412-7931

MIDVALE
(385) 999-5430