



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

HEALTH & WELLNESS

NEWSLETTER



## HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

7 Most Effective  
Injury Prevention  
Strategies

3 Simple Ways  
To Make Hydration  
A Habit

Feel Better  
By Eating Better

Schedule your next appointment now at [fyzical.com/utah](https://fyzical.com/utah)



## HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Fyzical Therapy & Balance Centers, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Fyzical Therapy & Balance Centers, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

**Call today to schedule an appointment with one of our experts!**

### HOW TO TELL INJURY FROM NORMAL ACHEs & PAINs

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your

body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.



**LET'S GET YOU BETTER ASAP!**

Scan the QR Code to schedule your next appointment now!



## 7 MOST EFFECTIVE INJURY PREVENTION STRATEGIES

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

*In addition, your therapist will instruct you on the 7 most effective injury prevention strategies, including:*

1. **Sleep** is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. **Strength training** is one of the most effective injury prevention strategies to help stay injury-free.
3. **Dynamic warm-ups** (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. **Nutrition** is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fat diets. Recovery meals are as crucial as pre-game meals.
5. **Hydration** is essential for recovery and injury prevention.
6. **Stay within your abilities.** It is vital to train and practice any physical activity by starting small and building up from there.
7. **Use the proper equipment.** Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

### CONTACT US TODAY

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Fyzical Therapy & Balance Centers today.

Sources:  
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## WE WANT TO HEAR FROM YOU!

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



# 3 SIMPLE WAYS TO MAKE HYDRATION A HABIT

Do you drink enough water each day? Proper hydration is always important, but in preparation for the upcoming hot summer months, we should all take a few extra precautions to ensure we are drinking enough water.

Drinking enough water each day is crucial for a variety of reasons. Drinking water helps regulate body temperature, lubricates joints, prevents infections, delivers nutrients to cells, and keeps organs functioning properly. Hydration also improves sleep quality, cognition, and mood.

Experts recommend that women should drink roughly 11 cups of water per day and men should aim for 16. If these numbers are higher than you're used to, check out these 3 tips on ways to make hydration a habit.

## DRINK A GLASS OF WATER FIRST THING IN THE MORNING.

Before eating breakfast or having your morning coffee, try to drink at least one glass of water. Just a few sips of water in the morning can help to re-energize you and leave you feeling refreshed.

To make things easier on yourself, try placing a glass of water on your nightstand the night before, so you can start drinking immediately in the morning!



## ADD FRUITS OR VEGETABLES TO YOUR WATER.

If you're the type to complain that water tastes too plain, know that there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

## SET REMINDERS ON YOUR PHONE TO HYDRATE.

Are you exceptionally busy during the day? Between work, taking care of children, running errands, and getting outside, summer can be a busy season.

If you always have your phone handy, why not put it to a productive use? Try setting reminders every couple of hours to hydrate, so you don't forget amongst all the summer fun.



## FEEL BETTER BY EATING BETTER KACHUMBER SALAD (INDIAN SALAD)

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup packed chopped cilantro
- 1/4 tsp or more salt
- 1/4 tsp or more freshly ground black pepper
- 1/4 tsp or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

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call today!

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