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NEWSLETTER

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SAFELY GET BACK TO YOUR ACTIVITIES AFTER A SEDENTARY LIFESTYLE!

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FYZICAL®
Therapy & Balance Centers

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ARE YOU PREPARED TO SAFELY GET BACK TO YOUR ACTIVITIES? WE CAN HELP!



During the COVID pandemic, it's common that many of us have decreased our amount of physical activity each day, and it can be difficult to find the motivation to get your daily physical activity while sitting at home.

The sedentary lifestyle that I'm sure many people have experienced since being quarantined to their homes can actually lead to more aches, pains, and problems with your balance than one may think.

Your body, quite simply, was made to move! At FYZICAL Therapy and Balance Centers Manassas, we want to make sure you are able to get back into your normal exercise routine. Follow our tips below and feel free to contact us if you have any additional questions!

Returning to activities safely and comfortably:

1. Baby steps at first. If you haven't been participating in the same type of physical activity you used to be accustomed to, it is important to begin with baby steps. Start small in the beginning and build up from there. When you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it. Our therapists can help you understand the limits that your body

developed while under quarantine and can create an exercise plan for you to get back to your physical goals.

2. Keeping the correct form. No matter what type of physical exercise you are trying to get back into, form is a crucial part of it. Proper form could mean the difference between physical progress or injury. Your ability to safely perform any movement is reliant on proper posture and proper body positioning. When living the sedentary lives that we all currently are, it is possible for your natural posture to shift a bit, which can change the way you move. Our therapists can also help you improve your form during exercise by addressing any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. Your physical therapist will create targeted strength and balance exercises for you to improve your current form and limit the amount of impact on your joints during exercise.

Looking for more assistance? Contact us. If you are looking for more assistance in getting back in shape, FYZICAL Therapy and Balance Centers Manassas is here for you. **Contact us today to discover how we can help you return to normal life after quarantine!**

THERAPY CAN AID IN POST-COVID19 RECOVERY

Here at FYZICALTherapy and Balance Centers Manassas, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

How can therapy help with recovery? Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing
- Memory problems
- Difficulty with word-finding
- Cognitive changes

COVID-19 isn't the only cause of these impairments. They can also be the result of other health conditions and illnesses, such as the flu, pneumonia, asthma, bronchitis, and others.

Regardless of what the cause for your condition is, our physical therapists at FYZICAL Therapy and Balance Centers Manassas can help with recovery through the following types of training and exercise programs:

- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training

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- Balance and gait training
- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Manual therapy
- Restoring muscle strength

Getting on the road to recovery. It doesn't matter if you've been experiencing the above-mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. **Call FYZICAL Therapy and Balance Centers Manassas today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.**

MEDITERRANEAN CHICKEN SALAD

INGREDIENTS

- 1/3 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

DIRECTIONS

In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.



Exercise To Do At Home

Stretches legs

HAMSTRING STRETCH | WALL

Place a leg up a wall while lying on your back. Your other leg should lay straight on the floor and through a doorway or hall. Hold for 20 seconds and repeat on each leg.

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FUN & GAMES

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W G B F N F O U G S A J
T T U E R U S N B B M Z
H S E R F R F S Z U T Q
B S I A E U N H O D Q T
U K E W S M Z I W X Z K
E B O E P P H N U V M R
Z H U M B Q R E R N B R
S U D Q X D N I R G L V
F L O W E R S A N A O Z
O U V M W I I U I G O R
P T W Y Z N H H C V M X

FLOWERS
SUNSHINE
POLLEN
FRESH

BEEES
SHOWERS
BLOOM
RAIN
SPRING

PATIENT SUCCESS SPOTLIGHT

“ I am grateful for all the time the excellent staff put into my rehab. They were caring, warm, & kind. I received excellent physical therapy. Terrific Medical Office! had complications from a knee replacement, so there were many challenges to my physical therapy. David & Erin were excellent, attentive, and caring. They helped increase my flexibility & range of motion. They are passionate about healing their patients. highly recommend FYZICAL Therapy for their motivation, encouragement and excellent Therapy.” - **D. Taylor**



Schedule an appointment today! **703-368-7343**

3 NATURAL WAYS TO BEAT SPRING ALLERGIES

TRY THESE SIMPLE TIPS TO PROTECT YOU FROM SPRING ALLERGENS!

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. 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.

3. Keep it clean! Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.



Do you have any questions? Give us a call and we will put you on the phone with one of our therapists!
(703) 368-7343

