

NEWS



FYZICAL®
Therapy & Balance Centers

LETTER



HOW PHYSICAL

THERAPY CAN HELP

YOU GET HEALTHIER

INSIDE:

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BUILD A HEALTHIER VERSION OF YOURSELF WITH THE HELP OF PHYSICAL THERAPY

Do you find it a challenge to get yourself healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At FYZICAL, our therapists are experts at treating the root cause of your musculoskeletal pain and resolving both old and recent injuries so that you can enjoy a healthier life! When you are in pain or tired after a long day at work, it can be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may begin to suffer the consequences; an increased risk of developing further injury, and more serious health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, many forms of cancer, diabetes, joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist. Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact FYZICAL today to find out more about how our services can help you live a healthier, stronger, and more active life!

What Does it Mean to be Healthier? Health is defined as the state of being free from illness or injury. It essentially means that

your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

1. Getting enough sleep. Sleep is an effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, strive for 7-8 hours of sleep per night. The more regular your sleep cycles are, the better you will feel.

2. Strength training. Strength training is one of the most effective injury prevention strategies to help stay injury-free. It becomes especially important the older we become.

3. Cardiovascular exercise. Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.

4. Joint and muscle mobility. Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.

(continued inside)

HOW CAN I GET HEALTHIER?

(continued from outside)

5. Nutrition matters. You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.

6. Stay hydrated. Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.

7. Practice meditating. Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

How Physical Therapy Can Help You. Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, 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 lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective



measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

Contact our clinic today to make an appointment. Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at FYZICAL would love to help you live the highest quality of life possible.

Contact us today to begin your new chapter toward becoming a healthier you!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>
<https://academic.oup.com/ptj/article/95/10/1433/2686492>

SCHEDULE AN APPOINTMENT BY CALLING (703) 368-7343

EXERCISES TO DO INDOORS IN THE WINTER

Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Burpees
- Jumping jacks
- Jump rope
- Mountain climbers
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.



FUN & GAMES

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http://1sudoku.com

n° 329053 - Level Hard

Exercise To Do At Home

Stretches lower back



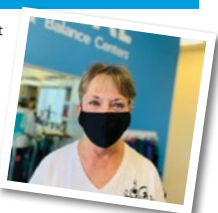
SIDELIYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.



PATIENT SUCCESS SPOTLIGHT

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



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

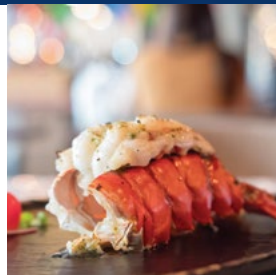
HEALTHY RECIPE BAKED LOBSTER TAILS

INGREDIENTS

- 4 (4 oz) or 2 (8 oz) fresh/frozen, thawed lobster tails
- 3 tbsp unsalted butter, softened
- 1 tsp chopped fresh flat-leaf parsley, plus more for garnish
- 1 tsp grated lemon zest
- 1 tbsp lemon juice
- 1/8 tsp salt
- Lemon wedges for serving

DIRECTIONS

Preheat oven to 400°F. Line a rimmed baking sheet with foil. Cut along the length of each lobster tail shell; do not cut through the wide end of the tail. Using a knife, make a shallow cut in the meat, leaving the fan intact. Remove the vein running through the tail. Using your fingers, loosen the meat from the shells, but do not remove the shells. Place the tails on the prepared baking sheet. Combine butter, parsley, lemon zest, lemon juice and salt in a small bowl. Mash with a fork until well combined. Divide the butter mixture evenly among the lobster tails and spread the mixture evenly over the lobster meat. Bake the tails for 10 minutes. Transfer the tails to a plate and spoon any melted butter from the baking sheet over them. Garnish with chopped parsley and serve with lemon wedges, if desired.



<https://www.eatingwell.com/recipe/7881193/baked-lobster-tails/>

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