

NEWS



FYZICAL®
Therapy & Balance Centers

LETTER

A woman with brown hair tied back, wearing a white t-shirt and dark leggings, is smiling while jumping rope in a gym. In the background, there is a treadmill with a water bottle on it, and a large blue exercise ball. Large windows let in bright light.

IT'S TIME TO GET UP & MOVING AGAIN

INSIDE:

- How Physical Therapy Can Help
- Exercise To Do At Home
- Patient Success Spotlight
- 5 Simple Tips For Shoveling Snow

**FYZICAL®**
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HOW PHYSICAL THERAPY CAN HELP YOU GET ACTIVE AGAIN

Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physical therapy can help. At FYZICAL, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them! Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

Contact FYZICAL today for guidance on how to get moving so you can increase your energy and live a healthier life!

How does a sedentary lifestyle affect your body? People often spend their life with a long commute to work, sitting at a desk all

day, and then at home watching T.V. all night. An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

HOW PHYSICAL THERAPY CAN HELP

Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle. Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:



Identifying your prior level of fitness. This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

Teaching you about the consequences of being sedentary. Education is a crucial component of success. We will show you ways to increase movement in their day and help you make choices that support your well-being.

Develop and progress you through specific exercises. Every program is designed based on your 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.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

What to expect in physical therapy. To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step. Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

Schedule an appointment today. At FYZICAL, we are dedicated to helping you live the best life you can. **If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.**

Sources: <https://www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who>
<https://medlineplus.gov/healthriskssofarinactive/lifestyle.html>

SCHEDULE AN APPOINTMENT BY CALLING (703) 368-7343

5 SIMPLE TIPS FOR SHOVELING SNOW

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 3. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 4. Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- 5. Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.



FUN & GAMES

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http://1sudoku.com

n° 218215 - Level Medium

Exercise To
Do At Home

Strengthens glutes

SimpleSet Pro
www.simpleset.net

HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.



PATIENT SUCCESS SPOTLIGHT

“Everyone was so nice from the time I walked in until I walked out. Erin and Melissa were so caring with me during therapy. I couldn't have asked for better treatment. I had sprained my knee with two falls. I haven't fallen again, my balance is so much better I'm not grabbing things to stay upright. I can move any which way with no pain! If I ever need therapy again I would never go anywhere else!”



Schedule an appointment today! 703-368-7343

HEALTHY RECIPE
CHICKEN TORTILLA SOUP

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 small onion, diced
- 2 tablespoons minced garlic
- 2 jalapeños, finely diced
- 6 cups low-sodium chicken broth
- One 14.5-ounce can diced tomatoes
- One 14.5-ounce can black beans,
- 3 chicken breasts, boneless
- 2 limes
- Salt & black pepper
- 1 cup chopped cilantro leaves
- One 8-inch flour tortilla
- 1 avocado
- 1 cup shredded Monterrey cheese

DIRECTIONS

In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the garlic and jalapeños and cook for another minute. Pour the chicken broth, tomatoes and beans into the pot and bring to a boil. Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25 minutes. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside. Add lime juice and fresh cilantro to the pot. In a serving bowl add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices and cheese.



WE MAKE IT EASY TO LEAVE A REVIEW!

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review page)
3. Tell us how we did!

