



# DAILY ACHES & PAINS HOLDING YOU BACK? LOOK NO FURTHER FOR RELIEF

## INSIDE:

- Simple Tips For Ache Relief
- Exercise To Do At Home
- Patient Success Spotlight
- A Moment With Kruckeberg





## **DAILY ACHES & PAINS HOLDING YOU BACK? LOOK NO FURTHER FOR RELIEF**



How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly active lifestyle, aches will also be common.

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

**Why am I so achy?** Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

## SIMPLE TIPS FOR ACHE RELIEF

- **Sleep!** - Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.
- **Stay hydrated** - Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.
- **Maintain a healthy diet of fruits and vegetables** - Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.
- **Exercise regularly** - Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.
- **Keep a good posture** - Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.
- **Get a physical therapy consultation** - If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physical therapist. They will help you determine the best course of action for your specific needs.



**How physical therapy will help:** A consultation with a physical therapist will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Your physical therapist will give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help alleviate your aches. They are dedicated to your progress and genuinely want to see you feel better - so why wait? **Say goodbye to your daily aches and pains with physical therapy today!**

## CONTACT US! MATTOON: (217) 345-1245 SULLIVAN: (217) 728-8100

### GREEK PASTA SALAD

#### INGREDIENTS

- kosher salt
- 1 lb. farfalle
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted & chopped
- 1/2 red onion, chopped
- Ground black pepper
- 2 tsp. dill, finely chopped
- 1/2 c. crumbled feta



#### DIRECTIONS

In a large pot of salted boiling water, cook farfalle according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>

## TIPS FOR BETTER GOLFING THIS SEASON

**1. Prepare.** Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.



**2. Stretch.** Stretching can improve your range of motion, making it easier to swing the club.

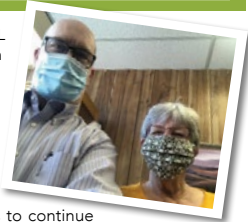
**3. Easy does it.** Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round.

**4. Don't let your skills get rusty.** If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

Reference: <http://tria.com/tips-better-golfing-summer/>

## PATIENT SUCCESS SPOTLIGHT

“Without hesitation, I give FYZICAL Central Illinois 5 stars!! I have seen different therapists over the years but no one has helped me to the extent that Richard Kruckeberg has with the following problems: failed lumbar surgery, reversed ball and socket left shoulder. My therapy was targeted to restore mobility and strength thus reducing pain. He also focused on improving my balance and taught me preventive exercises to continue doing at home. This has been a totally rewarding experience that has unquestionably changed my recovery and life. Kudos to the front desk staff. They were very accommodating with scheduling. Plus thank you for the weekly text appointment reminders.” - **Susan B.**



## A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

This has been a year of sorrow for many due to isolation and COVID. Our personal families have been affected. Thanks to all who expressed your warm thoughts and prayers for the loss of my son, Sam, as they provided more emotional support than you can imagine. I believe he is at peace with his struggles.

Sadly, for Brenda and her granddaughter, Kaleigh, Mickie the Hedgehog passed away. They and their family are feeling the loss, as the “huffy” little guy certainly kept them entertained.

Just when we thought we were going to start unpacking stuff from the renovation in Sullivan, we have negotiated a move down the street. It will take at least 4 more weeks for them to finish the space for us, so keep watching for updates in our next newsletter. The configuration of the space will be similar to what we have now, but all parking will be out front on the street. Hopefully, this will be a new and exciting project.



## Exercise To Do At Home

Strengthens legs

### HAMSTRING STRETCH - WALL

Lie on the floor in a doorway. Rest your leg against the wall. Scoot through the doorway until you feel a stretch up the back of your thigh. Hold for 6 seconds then repeat 10 times on both sides.

SimpleSet Pro  
www.simpleset.net



Are you in pain? Have you sustained an injury? **Give us a call today to schedule an appointment!**

**MATTOON:**  
(217) 345-1245

**SULLIVAN:**  
(217) 728-8100



**FYZICAL**  
Therapy & Balance Centers