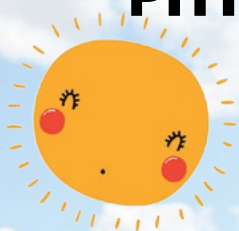


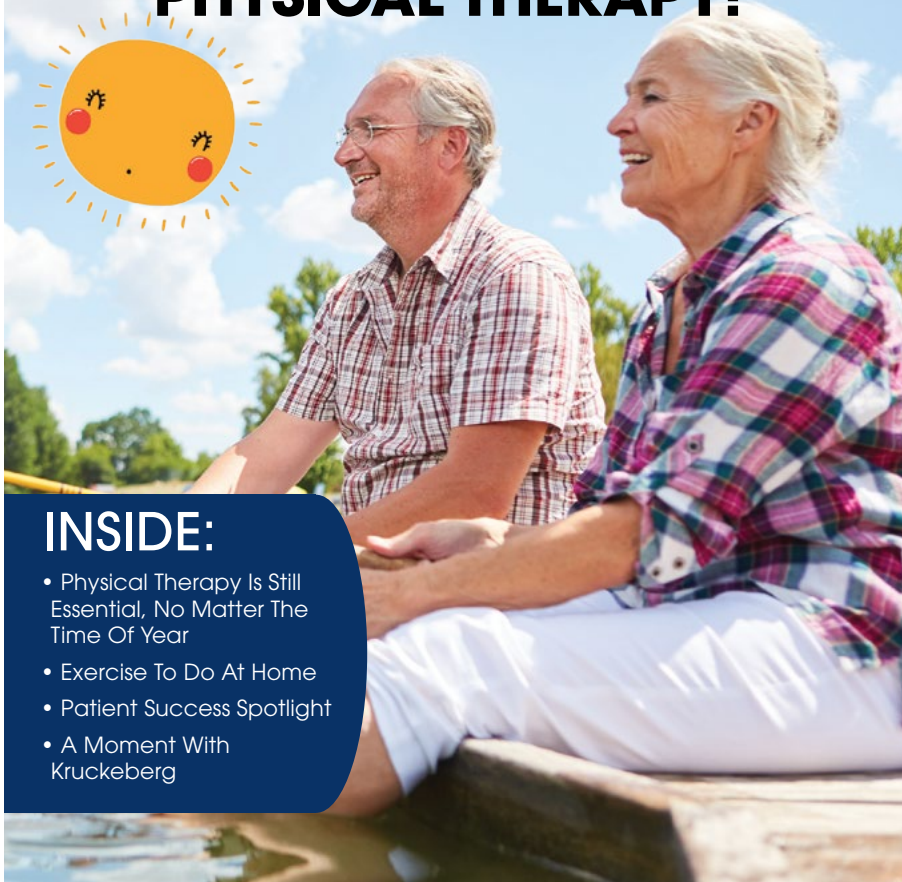


JUST BECAUSE IT'S SUMMER DOESN'T MEAN YOU CAN'T STILL BENEFIT FROM PHYSICAL THERAPY!



INSIDE:

- Physical Therapy Is Still Essential, No Matter The Time Of Year
- Exercise To Do At Home
- Patient Success Spotlight
- A Moment With Kruckeberg





THE IMPORTANCE OF CONTINUING YOUR PHYSICAL THERAPY SESSIONS, EVEN IN THE SUMMER MONTHS



With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. Because of this, it is a trend that many patients opt to cut out their physical therapy sessions in the summer months.

While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., we still want you to be safe, healthy, and comfortable in the summer months – so you can enjoy the warm weather without pain!

At FYZICAL, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

For more information on keeping physical therapy sessions as part of your routine during the busy summer months, don't hesitate to contact FYZICAL today.

I'm having trouble finding time for physical therapy – what should I do? As the saying goes, "where there's a will, there's a way." If you are looking to keep your physical therapy sessions

as part of your routine, we can find a way to help you fit that into your busy schedule.

One tip for finding time to include physical therapy into your life is taking a look at your schedule and blocking out time for your physical health.

Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for their summer excursions, volunteering, or acting as a chauffeur while the kids are out of school.

However, even adding 30 minutes into your busy routine for a quick PT session with your therapist can make a big difference in helping maintain your physical function.

In addition to finding time for physical therapy, try your best to set aside some time each day to exercise. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

PHYSICAL THERAPY IS STILL ESSENTIAL, NO MATTER THE TIME OF YEAR

Physical therapy is a great way to make sure you are still in optimum health and your body is strong while you tackle your summer activities.

Additionally, physical therapy can not only help the body stay strong and heal as quickly as possible, but it can also help combat illness – which, as we all know, is important now more than ever.

The individualized stretches and exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted viruses. Aiming for at least 20-30 minutes of physical activity a day can help strengthen not only you, but your immune system as well.

Additionally, our physical therapists can help with nutritional services, which can prove to be a difficult task for many while running around during the summer months. The essential vitamins found in many fruits and vegetables are key to making sure your immune system is as healthy as possible.

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

BALSAMIC GRILLED STEAK SALAD WITH PEACHES



INGREDIENTS

- 1 lb. skirt steak, trimmed of fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp. brown sugar
- 1 tbsp. vegetable oil
- kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil
- Juice of 1 large lemon
- 6 c. baby arugula



- 2 peaches, thinly sliced
- 1/3 c. crumbled blue cheese or feta

DIRECTIONS

Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper. Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47340/balsamic-grilled-steak-salad-with-peaches-recipe/>



In light of current events, we are still taking primary precautions to make sure our clinic is as safe and sanitary as possible for our patients. We will be following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times. This will decrease the risk of any potential germs lingering on surfaces. Not only that, we can also offer telehealth services for those interested in continuing physical therapy sessions while they're at home or even while they're on vacation!

Get started today. Ready to get back into your physical therapy sessions? We can help accommodate for whatever you may need!
Contact FYZICAL today to schedule an appointment.

TIPS FOR FITNESS IN THE SUMMER

Adjust your body temperature.

Hop into a cold shower before your workout. Studies show that a pre-exercise cool down improves performance in the heat — probably because it lowers your heart rate as well as core and skin temperatures.



Get the dirt.

Try to walk, run, or cycle on dirt or gravel paths, as asphalt and concrete tend to radiate heat and reflect the sun's rays.

Summarize your intervals.

To keep your fitness level up, do your regular cardio at a slightly slower pace, but add in 30-second speed bursts every three to five minutes. You'll maintain your conditioning and burn more calories without having to go all-out the entire time.

Refuel with fruit.

Fruits such as grapes, watermelon, cantaloupe, and honeydew are a tasty way to replenish fluids and boost your energy post-workout.



PATIENT SUCCESS SPOTLIGHT

“I had therapy after a left knee replacement to rehab the knee but also to get strong enough to have my right knee done asap. Dick knew my aim and worked with me diligently to reach that goal. Eight weeks later I had the right knee replaced, which was tough but Dick helped me to not only rehab the new replacement but also re-strengthen the left knee.” - **Lisa S.**



A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

Well, many of you know if have been on a short vacation or fishing trip. This was planned for my youngest son, Keegan, last year for acknowledgment of his graduation from EIU and acceptance to medical school at SIU. But due to COVID, concerns were delayed until now. I planned and did quite of bit of research and organization so that the trip would be easy and successful for both of us.

The trip to the fishing site was long. To be more specific 560 miles long and 9 hours+ due to construction. Fortunately, Keegan has outgrown his shyness of driving. Still being 20 something he does not opt to get up early but prefers to stay up late. That meant a late morning start which meant a late evening meal. Our destination town of Hayward,

Wisconsin is about the size of Sullivan, Illinois. So despite being a tourist town the kitchens of the restaurant/bars shut down at 8:00. That meant our sit-down dinner was at the local Subway. With our appetites satiated we were off to finish unpacking and of to bed in preparation for an early morning start. The early morning start does not bother me as that is what I do every morning as a norm anyway. Keegan can do that but has to be more deliberate about awakening. So off we went to meet our fishing guide, Eric.



I chose a fishing guide specifically so we did not have to bring any equipment including a boat. Eric is a professional fishing guide for the area for 11 months of the year. He is a healthy late 20ish, early 30ish young man. He is a graduate from a Montana school with a degree but rather than work in factor on industrial efficiency he felt the call of the wild. He had to be instructor, captain, and diplomat of which he did well. If you need a fishing guide I would recommend him. Once we learned the technique of handling the heavy rods and bait caster reels we were fishing fools. The first hour and a half had our attention as Keegan caught a perch and a northern pike. Then the wind began to pick up and blew with fierce intension. After moving spot to spot and one lake to another and casting a 6 to 10-ounce lure about 1800 times plus often into a white cap causing wind we called it a day. After a shower, we headed out downtown to enjoy the local flavors and an all-you-can-eat fish fry with fresh Wisconsin brew. Exhausted, sore and sun/wind burnt we hit the hay so we could get up the next day and view the fish museum, and head for home. The museum just whetted our appetite to return as we viewed all the record-size catches. After all, they do call it fishing and not catching, so we will be back.



Exercise To Do At Home

Strengthens core

DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raised upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 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!**

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FYZICAL
Therapy & Balance Centers