



FYZICAL[®]

Therapy & Balance Centers

JANUARY, 2022



NEWSLETTER

A photograph of a man wearing a grey hooded rain jacket and black shorts, running on a dirt path in the rain. The background is a blurred forest scene with trees and foliage. The rain is visible as white streaks falling around him.

BEAT YOUR

ARTHRITIS PAIN WITH

PHYSICAL THERAPY

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www.fyzical.com/new-orleans | www.fyzical.com/st-bernard-la

NEWSLETTER



HAVE YOU EVER CONSIDERED PHYSICAL THERAPY FOR YOUR ARTHRITIS?

 **CALL NEW ORLEANS: 504-861-4693 OR ST. BERNARD: 504-277-6052 TO SCHEDULE TODAY!**

Are you experiencing pain or stiffness when you move? Do you find it difficult to go about your daily routine? You could be suffering from arthritis. Arthritis doesn't start suddenly like pain that is the result of an injury. Arthritis typically develops over time due to chronic use or even as a result of genetic disposition. This can make dealing with the pain of arthritis difficult to cope with. While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. With guidance from your physical therapist, you can find solutions to your pain and improve your joint movement, muscle strength, balance, and coordination to get back to living the life you enjoy! Call FYZICAL today, call to make an appointment.

Understanding Arthritis Pain. Arthritis is a term used to describe inflammation of the joints. Osteoarthritis is the most common form of arthritis and usually is caused by the deterioration of a joint. Typically, the weight-bearing joints are affected, with the knee and the hip being the most common. Osteoarthritis is the most common chronic condition that affects the joints, daily activity, and causes of disability in the US adult population. Almost 30 million adults in the United States struggle with the condition. While it can influence anyone of any age, it most frequently develops among overweight/obese and those over the age of 50.

Arthritis occurs when there is a breakdown of the cartilage that covers the ends of the bones. This cartilage allows the joints

in the elbows, ankles, knees, and hips to move with freedom. As the joint breaks down, the bones are no longer protected and begin to rub against one another, causing extreme pain. Furthermore, the ligaments and tendons around the joint will often stiffen, and the muscles surrounding the joint will weaken, making it altogether more difficult and painful to move.

Solution for Arthritis Pain. There is no cure for arthritis, so the ideal management is to control pain, improve function and reduce disability. Physical therapy has been shown to provide relief by helping to rebuild strength in the muscles supporting the joints and through targeted mobility and flexibility exercises. In addition, physical therapists improve your quality of life by reducing pain and improving and/or maintaining function through hands-on care, patient education, and prescribed movement. The emphasis of therapy is a conservative approach through:

- Patient education
- Weight loss recommendations
- Joint protection and energy conservation
- Modifying activities and environments
- Use of assistive technologies

(continued inside)

PHYSICAL THERAPY SOLUTIONS FOR ARTHRITIS

(continued from outside) Working with a physical therapist is the best way to ensure that you practice the best techniques for overcoming your arthritic discomfort and loss of function. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Your therapist will create individualized exercise programs to reduce your pain, prevent the condition from worsening, and improve daily function. A typical program will consist of the following:

Maintain or Increase Joint Range of Motion

Physical therapy can improve your ability to bend and straighten a joint. Even incremental improvements in a joint's range of motion can make a significant difference in joint function.

Strengthen the Muscles that Support an Arthritic Joint

You can decrease the stress impacting a joint by strengthening the surrounding muscles that support it. A skilled physical therapist can identify areas of weakness and teach you how to address them to help you improve strength and stability in your joints.

Improve Balance

Individuals with osteoarthritis often have impaired balance resulting from muscle weakness and decreased joint function. Physical therapists incorporate balance training into your treatment plan to improve your balance and reduce your risk of falling. In many cases, physical therapy can help patients choose specific exercises and design appropriate strengthening exercises that improve their function without aggravating their pain. Your therapist can help you reclaim a healthy lifestyle.

Contact FYZICAL today. Physical therapists are movement experts. They improve quality of life through hands-on care, patient education, and



prescribed movement. Addressing arthritis pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your joints and strengthen the surrounding muscles to alleviate the pain associated with arthritis. **Contact FYZICAL today for support with learning how to manage your pain and learn exercises and techniques that can help you restore your strength and functionality!**

Source: <https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/1471-2474-10-9>
<https://pubmed.ncbi.nlm.nih.gov/32364594/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>
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<https://pubmed.ncbi.nlm.nih.gov/25785564/>
https://journals.lww.com/co-rheumatology/Abstract/2018/03000/Epidemiology_of_osteoarthritis__literature_update.5.aspx

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EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR STRONGER GLUTES.

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.

 TherapyBall Plus



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

ARE YOU IN PAIN?

**25%
OFF**

IN-OFFICE PRODUCT
OF THE WEEK



To see what our product promotion of the week is, call our office or check out our Facebook page for the promotional post! Scan this QR Code to be directed to our Facebook page! Give our office a call for pricing or if you'd like to know more!

CALL FOR MORE INFO TODAY



IF YOU'RE INTERESTED IN THERAPY OR FITNESS,
VISIT WWW.FYZICAL.COM/NEW-ORLEANS OR WWW.FYZICAL.COM/ST-BERNARD-LA
CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!

5 HEALTH TIPS FOR THE NEW YEAR

1. Shop Well For Yourself. It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.



2. Schedule Your Exercise. Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No. You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

4. Skip the Baking. Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

5. Hydrate. Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

HEALTHY CHEWY GINGER MOLASSES COOKIES

INGREDIENTS

- 1 flax egg 1 tablespoon flaxseed meal + 3 tablespoons water
- 1/2 cup almond butter
- 1/3 cup coconut sugar
- 2 tablespoons molasses
- 1 teaspoon Organic Vanilla Extract
- 1 teaspoon Simply Organic Ginger
- 1/4 teaspoon Simply Organic Allspice
- 1/4 teaspoon sea salt



- 1/4 teaspoon baking soda
- 3 tablespoons coconut flour
- Raw turbinado sugar for sprinkling optional

DIRECTIONS

Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside. In a mixing bowl, combine the flax egg, almond butter, coconut sugar, molasses and vanilla. Beat with an electric mixer until smooth. Add the spices, salt, baking soda and coconut flour and beat again until a sticky dough forms. Using a small cookie scoop, drop the dough onto the baking sheet, spacing the cookies at least 2" apart. Repeat until all the dough has been used. Gently flatten the cookies with your hands and sprinkle with sugar. Bake on the center rack for 11 minutes. Remove from the oven and allow the cookies to cool for 10 minutes on the pan before transferring them to a wire rack to finish cooling. Once cool, pack up and/or enjoy!

HAPPY NEW YEAR!

The FYZICAL
New Orleans &
St. Bernard team
wishes everyone a
Happy New Year!



PATIENT SUCCESS SPOTLIGHT!



Since starting therapy, the headaches went away, and I can turn my head without pain!

"Before I couldn't turn my head when doing anything and also experienced a lot of back pain. Since starting therapy, the headaches went away, and I can turn my head without pain. I also re-learned how to do certain exercises to keep my lower back in check. I still have moderate pain, but it's much less than it used to be." - William M.



Are you in pain? Have you sustained an injury? **Give your physical therapist a call today!**

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