



# NEWSLETTER



**STRENGTHEN YOUR CORE**

**WITH PHYSICAL THERAPY**

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Can Help Strengthen  
Your Core

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**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

MARCH, 2022



# NEWSLETTER

## YOU CAN DO IT, APPLY YOUR CORE STRENGTH INTO IT!



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

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At FYZICAL, our physical therapist can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels. Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

Contact FYZICAL today to figure out how we can help you strengthen your core muscles and improve your overall health.

**What are the core muscles?** When most people think of core muscles, they immediately think of the abdominals. However,

the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly. The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

*(continued inside)*

# HOW PHYSICAL THERAPY CAN HELP STRENGTHEN YOUR CORE

## *(continued from outside)*

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it. Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain. Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately. We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

**What to expect in physical therapy.** When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function. Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.



In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

**Contact us today to schedule an appointment.** At FYZICAL, our physical therapists are here to help you improve your function and relieve your pain. If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

Sources: [https://journals.lww.com/acsm-csmr/fulltext/2008/01000/core\\_stability\\_exercise\\_principles.14.aspx](https://journals.lww.com/acsm-csmr/fulltext/2008/01000/core_stability_exercise_principles.14.aspx)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6110226/>  
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<https://www.sciencedirect.com/science/article/abs/pii/S135045338301152>

**Call New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 today to schedule an appointment!**

## EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR YOUR CORE.

### PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Slowly lower and then raise the opposite side. Do not allow your spine to move the entire time. Alternate 20 times.



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](http://WWW.FYZICAL.COM/NEW-ORLEANS) OR [WWW.FYZICAL.COM/ST-BERNARD-LA](http://WWW.FYZICAL.COM/ST-BERNARD-LA)  
CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!

# 3 NATURAL WAYS TO BEAT SPRING ALLERGIES

## TRY THESE SIMPLE TIPS TO PROTECT YOU FROM SPRING ALLERGENS!

**1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.

**2. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.

**3. Keep it clean!** Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.



**ALLERGY  
SEASON  
AHEAD**

## ROASTED POTATOES

### INGREDIENTS

- 2 lbs Yukon Gold potatoes, peeled and cut into 1-inch slices
- 2 tbsp butter, melted
- 2 tbsp extra-virgin olive oil
- 2 tsp chopped fresh thyme
- 1 tsp chopped fresh rosemary
- ¾ tsp salt
- ½ tsp ground pepper
- 1 cup low-sodium vegetable broth or chicken broth
- 5 cloves garlic, peeled & smashed



### DIRECTIONS

Position rack in upper third of oven; preheat to 500° F. Toss potatoes, butter, oil, thyme, rosemary, salt and pepper in a large bowl. Arrange in a single layer in a 9-by-13-inch metal baking pan. (Do not use a glass dish, which could shatter.) Roast, flipping once, until browned, about 30 minutes. Carefully add broth and garlic to the pan. Continue roasting until most of the broth is absorbed and the potatoes are very tender, about 15 minutes more. Serve hot.

<https://www.eatingwell.com/recipe/279036/melting-potatoes/>

# HAPPY

## ST. PATRICK'S DAY!

The FYZICAL New Orleans & St. Bernard team wishes everyone a Happy St. Patrick's Day!



## PATIENT SUCCESS SPOTLIGHT!



**Daniel gave my exercises fun names for me that made me laugh!**

*"The people here made my experience very welcoming. Yes, it was times I felt like crap but after they came to me with those smiles under those masks and talked to me it made me feel better. I enjoyed my experience. When I came here it was hard for me to straighten my left leg, it was painful to try to sleep because I always had to pull it up into a bent position. Now, I can sleep with it straight and relaxed. Thanks to the therapy I was getting. The receptionist, Ester, always lifted me when I felt down, and Daniel gave my exercises fun names for me that made me laugh. Thank you all with love."*

- Ruby K.



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

**NEW ORLEANS CLINIC**

504-861-4693

**ST. BERNARD CLINIC**

504-277-6052

[www.fyzical.com/new-orleans](http://www.fyzical.com/new-orleans)

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