



NEWSLETTER



**YOUR INJURIES CAN
BE PREVENTED WITH
PHYSICAL THERAPY**

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Healthy Recipe



FYZICAL[®]
Therapy & Balance Centers

APRIL, 2022



NEWSLETTER

DON'T ALLOW AN INJURY TO SLOW YOU DOWN!



CALL NEW ORLEANS: 504-285-9666 OR ST. BERNARD: 504-517-8383 TO SCHEDULE TODAY!

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At FYZICAL, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At FYZICAL, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring. **Call today to schedule an appointment with one of our experts!**

How to tell injury from normal aches and pains. There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many

injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

(continued inside)

HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

(continued from outside)

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results. In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. **Sleep** is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. **Strength training** is one of the most effective injury prevention strategies to help stay injury-free.
3. **Dynamic warm-ups** (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. **Nutrition** is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. **Hydration** is essential for recovery and injury prevention.
6. **Stay within your abilities.** It is vital to train and practice any physical activity by starting small and building up from there.
7. **Use the proper equipment.** Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

What to expect in physical therapy. Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who



have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly. We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

Contact us today. If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact FYZICAL today. **One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!**

Sources: <https://onlinelibrary.wiley.com/doi/10.1111/j.1600-0838.2009.01058.x>
<https://bjsm.bmj.com/content/52/24/1557.abstract>
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Call New Orleans: 504-285-9666 or St. Bernard: 504-517-8383 today to schedule an appointment!

EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR YOUR GLUTES.

HIP HINGE | STICK ON BACK

Hold stick on back with 3 points of contact: tailbone, upper back, and head. Keep your big toe and little toe in contact with the ground with knees softly bent as you push your hips back until you feel a stretch in your buttocks and hamstrings. Engage your core, buttocks and hamstring as you come back up to standing. Repeat 10 times, three sets.





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!

8 SPRING BREAK TRAVEL TIPS FOR FAMILIES

1. **Choose the right destination for your family.** Discuss ideas for travel destinations and what to do during your free time; be sure each person has something to look forward to on the trip. All-inclusive resorts are a great option.



2. **Stick to your budget.** Don't blow your annual vacation budget April if you plan to escape in the summer!

3. **Take advantage of travel deals.** Research the hotels and resorts in the area to which you'll be traveling, and compare prices.

4. **Pack the essentials.** Be sure to ask what toiletries and other products are provided before packing your bags.

5. **Protect yourself and your home.** Do not state that your home is vacant during your trip. Instead, tell trustworthy friends and family that you'll be traveling, and ask them to visit your house once or twice to ensure there is no suspicious activity.

6. **Travel on less popular days.** Airline costs are higher and traffic is heavier on the weekends. Opt to travel midweek if you can.

7. **Make reservations for special experiences.** Many attractions allow you to buy tickets online beforehand (usually at a discounted price). If you have plans to dine at a popular restaurant, make reservations at least a month or more in advance.

8. **Keep the kids on a routine.** Don't get too far away from your daily habits while traveling. Bedtimes should obviously be extended, but don't over do it or falling asleep on school nights will be tough once you're back at home.

HAPPY EASTER!

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



PATIENT SUCCESS SPOTLIGHT!



It makes a huge difference to feel empowered in my healing!

"I had never thought of Physical Therapy for my jaw pain but when I heard it could help, I was very excited. I appreciated finally being listened to after telling dentists and doctors and never getting any advice. It was surprising to learn that stretching and exercising my neck and shoulders would help with the stiffness and pain. It's so nice to understand more about the pain I have been feeling. Before I had pretty dramatic pain and difficulty eating hard or chewy foods and now that has become much easier and less painful. It makes a huge difference to feel empowered in my healing! Thanks, Evan, Sydney, and staff!" - Tracey A.



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

NEW ORLEANS CLINIC
504-285-9666

ST. BERNARD CLINIC
504-517-8383

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

MANGO FRUIT LEATHER

INGREDIENTS

- 3 large ripe mangoes, peeled & flesh cut away from the pit
- ½ cup water
- 1 teaspoon lemon juice

DIRECTIONS

Preheat oven to 200°F. Line a large rimmed baking sheet with a nonstick baking mat. Puree mangoes, water and lemon juice in a blender until smooth. Pour into a medium saucepan and bring to a simmer over medium heat. Reduce heat to maintain a simmer and cook, partially covered, for 20 minutes. Pour the puree onto the prepared baking sheet. With a rubber spatula, very evenly spread into a thin rectangle, no thicker than 1/8 inch thick. Bake for 4 to 6 hours. Let cool completely.



Transfer the fruit leather to a piece of parchment paper (or wax paper) about the same size. Leaving the parchment underneath, roll the fruit leather closed into a long cylinder. Using a sharp knife or scissors, cut into 2-inch wide strips.

Source: <https://www.eatingwell.com/recipe/259995/mango-fruit-leather/>