



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

AVOID PREVENTABLE INJURIES THIS HOLIDAY



Massage Therapy Is Back!
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NEWSLETTER



No matter what type of physical activity you partake in, it is possible for injuries to occur. Whether you enjoy taking walks at night, playing sports on the weekends, or training for athletic trials throughout the week, it is important to make sure you are always being as safe as possible. 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. When the muscles, tendons, or ligaments are over-stretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to, or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover. For more information on how you can prevent severe injuries, contact FYZICAL Therapy & Balance Centers today.

What are some common injuries?

At FYZICAL Therapy & Balance Centers, our licensed physical therapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendinitis.

Many people think "sprains" and "strains" are synonymous; however, they have one distinct difference. Sprains occur when a ligament

is stretched beyond its limits or torn, while 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 one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When they become more severe, braces or surgical correction may be necessary. This will require longer recovery time, up to 8 weeks or longer, and physical therapy treatments will likely be prescribed.

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, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated.

Tendinitis is an overuse injury that causes the tendons to become inflamed. There are several reasons why tendinitis may occur, but whatever the case may be, we know that it has developed as a result of unnecessary amounts of strain. For example, some people may develop tendinitis in their shoulders or elbows because of improper posture. If the neck and back are not properly aligned, unnecessary stress is placed on other parts of the body. Movements in the shoulders and arms are altered as a way to compensate, causing increased strain on the tendons. Tendinitis can be corrected with physical therapy treatments since PTs are trained in relieving pain, decreasing inflammation, and restoring you to your normal posture, motion, and function.

HOW CAN I PREVENT THESE INJURIES?

While it is always a wise decision to consult with a physical therapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **Stretching.** This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **Hydrating and eating nutritious meals.** Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.
- **Staying within your abilities.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. For example, if you aren't used to running but you'd like to complete a 5k, don't start off with 3-mile runs. Begin with a half mile and slowly build up. When you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared

for the physical demands being asked of it. A physical therapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.

- **Using the proper equipment.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

What should I do now?

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 Therapy & Balance Centers 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!



Patient Success Spotlight

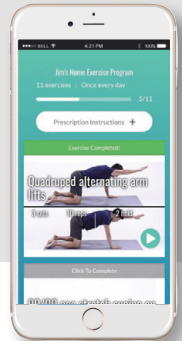


"I highly recommend Fyzical to anyone seeking physical therapy."

"I went to Fyzical in Provo. Everyone there is so courteous and helpful. I had physical therapy on my knee. My therapist was very thorough and made me feel comfortable asking questions and making sure I knew what the exercises were for. I also loved that they have a pool there where I was able to do the exercises my doctor wanted me to do. I highly recommend Fyzical to anyone seeking physical therapy." – S.R.

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- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. **Reach out to us to participate in this new platform.**

Happy Holidays!



Clinic Location: FYZICAL Orem



Clinic Location: FYZICAL Lehi



Clinic Location: FYZICAL Ogden



Clinic Location: FYZICAL Midvale



Refer A Friend

Do You Have Friends Or Family Unable To Do The Following:

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active and healthy life

Have Them Call Us Today!
They will thank you and so will we!

To: _____

From: _____

Coupon Corner

NEW YEAR MESSAGE SPECIAL

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TO SCHEDULE A MASSAGE TREATMENT!

Massage Treatments currently only available in Provo & Orem locations.