



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

Kick Your Knee & Hip Pains to the Curb!



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Kick Your Knee & Hip Pains to the Curb!

Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. If you are suffering from knee or hip pain, contact Fyzical Therapy & Balance Centers today for relief!

Correcting your knee and hip pains with PT treatments:

At Fyzical Therapy & Balance Centers, our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective treatment methods for knee and hip injuries. This has been demonstrated through several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups. The intervention group received "functionally oriented exercises (such as standing from a chair, climbing a step) taught by a physical therapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.

Results from this study concluded that those participating in the in-home physical therapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

Restoring normal motion is a key aspect to alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team can help you walk, run, and play better. With our motion analysis, strength testing, coordination testing, and more, we can spot your muscles and joints that are in need of treatment. Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.

Stop letting pain get in the way.
Give us a call to schedule
your appointment today!

ARE YOU MOVING CORRECTLY?

If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible. However, there are also some tests you can do on your own before your consultation – these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.
- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost touches your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.
- Standing near a countertop, put one foot in front of the other so you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.



Contact Us Today!

As noted, physical therapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At Fyzical Therapy & Balance Centers, we help provide treatment for patients through movement and physical manipulation. If you are suffering from knee and/or hip pain, don't hesitate to contact Fyzical Therapy & Balance Centers to schedule an appointment. We'll help you kick your knee and hip pains to the curb, so you can live a happy, active, and pain-free life!

Refer A Friend



Relieve Pain In Minutes:

Try this stretch if you are experiencing arthritic pain.

Helps Stretch the Knee & Leg



Piriformis Stretch

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.



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!

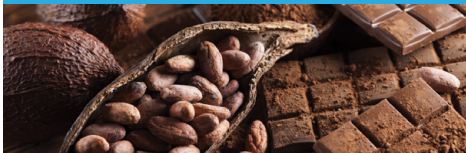
We Are Vaccinated!



We got vaccinated to keep you safe!

Our staff have now had the 2nd dose of the Covid Vaccine. We are committed to the safety of our patients and community.

Benefits of Dark Chocolate



What Can Dark Chocolate Do For Me?

A bar of dark chocolate is actually more nutritious than you may think. If it has a high cocoa content, then it will also contain a good amount of soluble fiber and minerals.

The bioactive compounds found in the cocoa of dark chocolate have also been known to improve blood flow and can help lower blood pressure. In turn, increased blood flow results in higher brain function, allowing you to stay sharp during the holiday season.

Additionally, dark chocolate actually has a variety of powerful antioxidants – even more so than some fruits!

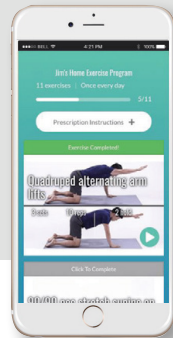
Dark Chocolate and Pain Relief

Perhaps one of the most important benefits of dark chocolate is that it can help relieve pain – seriously! The improved blood circulation that dark chocolate brings is a natural pain relief remedy. When blood is circulating efficiently through the body, it prevents muscles from becoming tight and resulting in discomfort.

The act of eating chocolate also releases several “feel-good” hormones in your body, which naturally eases pain. So, you get the benefits of feeling good eating a sweet treat AND relieving pain in your body!

Download Our Free App!

- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- 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. You'll love the high-quality video content that stays in your pocket for reference and recording completion. **Reach out to us to participate in this new platform.**

Healthy Recipe:



Pressure Cooker Squash & Lentil Stew

- 2 medium shallots, thinly sliced
- 1 tbsp. finely chopped peeled fresh ginger
- 1 tbsp. vegetable oil
- 1 tsp. ground coriander
- 1/2 tsp. ground cardamom
- 1 small butternut squash, peeled, seeded and cut into 1/2" chunks
- 1 lb. green lentils, picked over
- 6 c. chicken or vegetable broth
- 5 c. packed baby spinach
- 1 tbsp. cider vinegar

In a pressure-cooker pot on medium, cook shallots and ginger in oil for 5 minutes or until shallots are golden, stirring. Add coriander and cardamom; cook 1 minute, stirring. Add squash, lentils, broth and 1/4 teaspoon salt. Cover, lock and bring up to pressure on high. Reduce heat to medium-low. Cook 12 minutes. Release pressure by using the quick-release function. Stir in spinach, vinegar and 1/2 teaspoon each of salt and pepper.