



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

# NEWSLETTER

**2021 Can Be Your  
Pain-Free Year!**



[fyzical.com/utah](https://fyzical.com/utah)



## Relieve Your Arthritis Pain with These Simple Steps

Did you know that arthritis is the leading cause of disability across the United States? According to the Arthritis Foundation, approximately 50 million people live with arthritis. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips and knees.

There are hundreds of different types of arthritis but the most common are osteoarthritis and rheumatoid arthritis. Osteoarthritis is the most common, and it happens as a gradual "wear and tear" of cartilage surrounding the joints.

This can occur from age or from excessive, repetitive use of the affected joint(s). When cartilage is worn down, it can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation.

Rheumatoid arthritis is a bit different from osteoarthritis and it is not as well understood. It is the second most commonly experienced form of arthritis, and it develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation.

While research is still being done in order to better understand rheumatoid arthritis, many experts believe that your hormones, medical history, and environment could all be contributing factors. Whatever may be causing your arthritis pain, FYZICAL Therapy & Balance Centers can help you find relief. Contact us today to schedule a consultation and find out how our services can benefit you!

### How can Physical Therapy Relieve my Arthritis Pain?

Arthritic joints typically lose their normal levels of function and strength, due to the chronic inflammation they are experiencing. However, one of the primary goals of physical therapy is to regain as much function as possible in the affected area(s) of the body. By restoring normal joint movement and improving muscle strength, the amount of excessive pressure on the joint can be relieved. Reducing the pressure on the affected joint decreases inflammation and helps relieve pain by improving mobility.

When you arrive for your initial consultation at FYZICAL Therapy & Balance Centers, you'll be greeted by one of our licensed and dedicated physical therapists. Each of our team members are movement experts with years of medical training, equipped in helping patients relieve the stiffness, achiness, and pain associated with arthritis.

Your physical therapist will conduct a physical evaluation to analyze your joint movement, muscle strength, and overall function, in order to pinpoint the exact areas that are causing you pain. You will then be prescribed a personalized treatment plan, focused around your specific needs.

Treatment plans will include targeted stretches and exercises aimed at relieving your pain and improving your function, in addition to any specialized methods your physical therapist deems fit. This may include manual therapy, ice and heat therapies, electrical stimulation, or ultrasound. Your physical therapist may also include additional services as needed, such as weight management techniques to help ease some stress on your joints, and/or posture improvement to relieve stiffness and prevent injury.

# 12 TIPS FOR RELIEVING ARTHRITIC PAINS

Treatment plans for arthritis cases are aimed at relieving pain and decreasing the amount of inflammation, stiffness, and overall stress placed on the joint(s). **However, there are also some steps you can take on your own to make sure your daily life is as pain-free as possible:**

1. Stretch multiple times a day.
2. Alternate between weight bearing and non-weight bearing exercises.
3. Use tools that make it easier on your joints, such as large handled can openers and large grips on kitchen tools.
4. Carry grocery bags on your forearms, instead of straining the joints in your fingers.
5. Have commonly-used items within easy reach to avoid squatting, kneeling, or having to reach high overhead.
6. Get up and move often. Don't sit for more than 30 minutes without getting up for a break.
7. Avoid prolonged kneeling.
8. Maintain proper posture when sitting and standing.
9. Drink plenty of water.
10. Eat nutritious foods.
11. Avoid fried foods, sodas, and other items that increase inflammation in your body.



12. Work with your physical therapist to create a treatment plan and update it with a yearly check-up.

If you are living with joint pain, call us today to learn more about our arthritis treatment programs. We recommend a yearly physical therapy check-up to ensure you are performing at your best. **Find relief for your arthritic pains today with FYZICAL Therapy & Balance Centers!**

## Relieve Pain In Minutes:

Try this stretch if you are experiencing arthritic pain.

Helps to strengthen grip.

 SimpleSet Pro  
www.simpleset.net

### BALL GRIP

Hold a ball in your hand, then squeeze tightly for 15 seconds. Repeat 5 times with each hand.



# New Year, New You

## Let FYZICAL help you achieve your 2021 Goals!

Many of us look to the beginning of the year as a time to make goals and improve different aspects of our personal lives. It's easy to get thrown off-course for many reasons. But one of the biggest reasons people get off track with fitness and exercise goals: is because pain and injuries get in the way.

Too many of us walk around with mild to moderate injuries that still permit us to go to work or do the minimum physically, but when we try to exercise those injuries can worsen and they become a significant stumbling block toward achieving the goals we set for ourselves.

Most of you know what I'm talking about, but what's the solution? The solution is to start a course of FYZICAL Therapy as soon as you feel the injuries flaring up. (Or even preemptively if you know your body and you know how it will respond.)

Rather than retreat on your plans to become more active and healthy, FYZICAL Therapy will help you manage the injuries as we together face them and help get you to the point where you can exercise and accomplish your goals without the pain and limitations you have previously felt.



## 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: \_\_\_\_\_

## Tips For The Holiday Season

- 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 holiday season. Schedule your workouts just as you would any other appointment. It's ok 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-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-oz 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.

## What is Balance Therapy?

Improving your walking skills – technically known as your "gait" – and your balance are interrelated challenges. At FYZICAL Therapy & Balance Centers we help you master these skills to decrease your risk of injury, while at the same time increasing your confidence and independence.

Balance and gait are inextricably linked because they tend to impact one another. Even if you don't think you're in danger of falling over, that "running out of steam" while walking that you're attributing to aging muscles could be something else. The problem might actually be slowing reflexes, which make moving around seem more strenuous than it is. By the same token, poor posture and gait can throw off those reflexes.

In fact, the balance and gait systems both rely to some extent on a complex number of body systems that include the inner ear, the eyes, the joint-muscle-nerve system, and of course cognitive functions. Therapy that improves gait and balance works with all of these systems to keep them functioning in harmony.

*If you would like to decrease your fall risk this holiday season, call (801) 850-9146 for Orem or (801) 373-7438 for Provo.*