

THE



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Therapy & Balance Centers

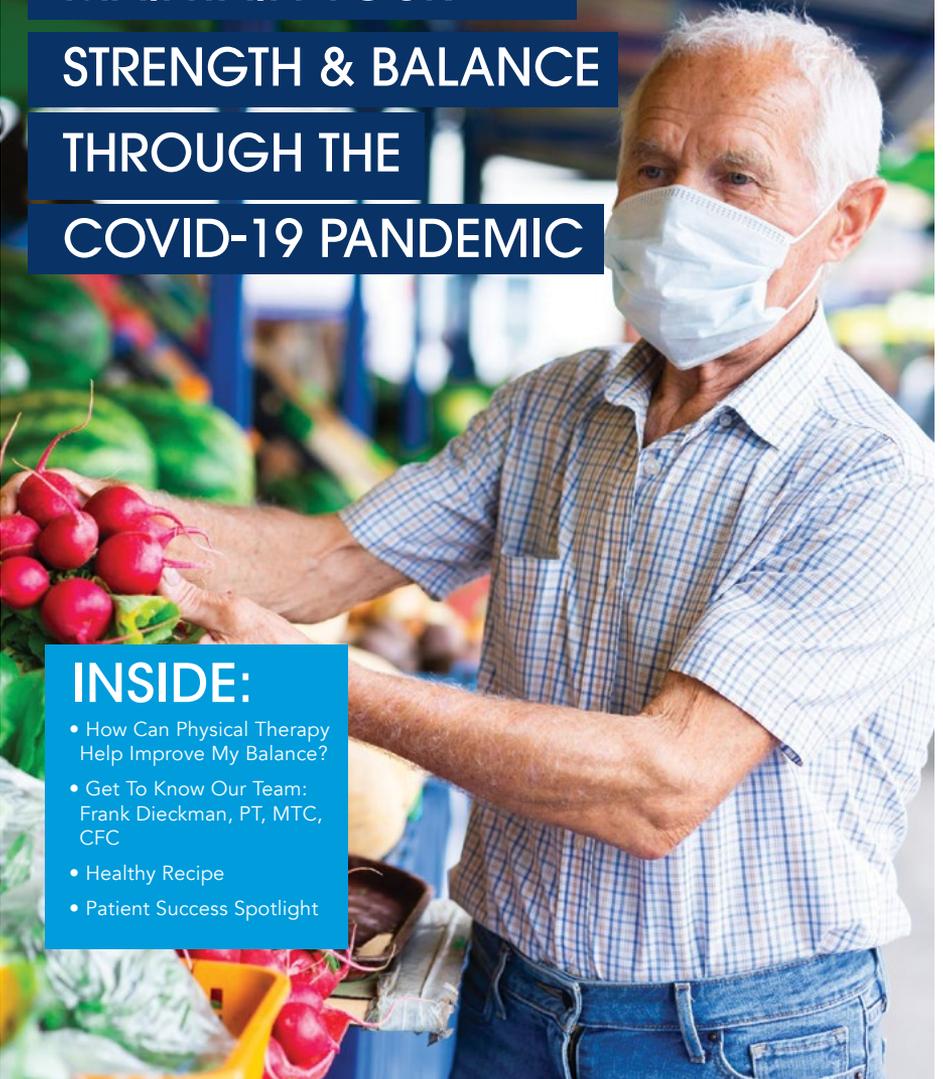
NEWSLETTER

2021

MAINTAIN YOUR STRENGTH & BALANCE THROUGH THE COVID-19 PANDEMIC

INSIDE:

- How Can Physical Therapy Help Improve My Balance?
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- Healthy Recipe
- Patient Success Spotlight



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NEWSLETTER

2021

MAINTAIN YOUR STRENGTH & BALANCE THROUGH THE COVID-19 PANDEMIC COME BACK TO PT!



Whether you have an acute injury, a chronic condition, or balance problems, seeing a physical therapist at FYZICAL Therapy & Balance Centers can help you return to a more active and pain-free life. Give us a call today at:

Bradenton-Central Clinic: (941) 749-1734

Ellenton Clinic: (941) 721-1854

South Sarasota Clinic: (941) 894-6848

Have you been sick from COVID-19 this year, or in 2020? As more research is done, it's being discovered that there are several negative lasting effects from the virus, many of which are causing long term challenges with strength and balance that can continue for unprecedented amounts of time.

Here at FYZICAL, we offer methods of treatment for patients recovering from COVID-19. If you've noticed that you're still living with strength or balance issues as a result of the virus, call our clinic today to schedule an appointment. We'll have you back up on your feet and feeling better in no time.

Has your strength or balance been affected by COVID-19? The COVID-19 virus has been found to lead to a loss of function in many different areas of the body. This is an illness that truly wreaks havoc on the body. As time has passed, the list of side effects from COVID-19 has gotten significantly longer. People have reported different side effects, and some of them can be much worse than others depending on age, pre-existing conditions, and other factors.

Lowered levels of overall strength, as well as balance and gait issues, are commonly reported amongst individuals recovering from the virus. Physical therapy is becoming a more widely known option for COVID-19 recovery in these areas of function.

How can physical therapy help improve my strength? COVID-19 directly affects a person's levels of strength and can leave you feeling weak and helpless for weeks to come long after the virus is no longer in your system. You may find yourself feeling very sore and achy, struggling to get dressed, or having trouble

lifting heavy items at your job. It may even be difficult for you to get out of bed without assistance.

Requiring your strength back after a bout of COVID-19 is a long process, but physical therapy can help. The therapists at FYZICAL can help patients regain their muscle strength, stamina, and energy during recovery through the following types of training and exercise programs:

- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Balance and gait training
- Aerobic exercise and for improved pulmonary health
- Stretching
- Endurance training
- Manual therapy

Your strength needs to be in tip-top shape for you to lead an active lifestyle. Your physical therapist will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. **The result of physical therapy for COVID-19 recovery is allowing you to return to living the life you want, free from movement restrictions.**

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HOW CAN PHYSICAL THERAPY HELP IMPROVE MY BALANCE?

Patients whose balance has been negatively affected by the virus run the risk of fall injuries. This is especially true for older adults recovering from COVID-19. According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury." You don't want to be a part of this statistic. Vestibular therapy can help people recovering from COVID-19 to regain their balance and improve their gait pattern.

During a vestibular assessment, a (TOWN) physical therapist will do a full evaluation of your joints, muscles, coordination, posture, inner ears, and eye-tracking capabilities. This way they'll be able to pinpoint the exact issue affecting your balance.

What should I expect at physical therapy? Keep in mind that physical therapists are trained movement specialists who know how to find and target the source of your pain, balance, gait, or strength problems.

CALL US TODAY TO MAKE AN APPOINTMENT!

BRADENTON-CENTRAL: (941) 749-1734

ELLENTON: (941) 721-1854

SOUTH SARASOTA: (941) 894-6848!



Your **FYZICAL** physical therapist will complete a full assessment of your condition, ask you health-related questions regarding your experience with COVID-19, and figure out the exact reason you're struggling with regaining normal movement. From there, they will create a customized treatment plan specific to your needs for optimizing your levels of function and restoring your health to what it was previous to contracting the virus.

Get your health back on track with physical therapy. Without a doubt, COVID-19 has taken our world and flipped it upside down. Recovery can be a long road, but it doesn't have to be one you walk down alone. If you're experiencing issues with your strength or balancing abilities, physical therapy could be key to feeling normal again. **Call our clinic today to schedule an appointment.**

Source: Summary of respiratory rehabilitation and physical therapy ...<https://www.ncbi.nlm.nih.gov/articles/PMC7443542>

YOUR HEALTH MATTERS TO US!

When you visit us, our team is committed to helping you feel confident that you are in good hands. As your health and wellbeing is our priority, we are:

- Screening all staff before starting their shift.
- Screening all patients upon arriving at the clinic.
- Requiring that all patients wear a face covering and all of our staff are wearing a face mask.
- Asking that clients remain in their car until their appointment time.
- Requesting all visitors to use the hand sanitization station at entry.
- Our clinic's cleaning standards align with or far exceed prescribed CDC Universal precautions for healthcare facilities and include: disinfection of pens, phones, computers, surfaces, and door handles regularly. Hand washing, as well as equipment and treatment table cleaning, is a typical routine before and/or after EACH client interaction.
- We have adjusted how we schedule team members and clients to control volume safely.
- We are also offering Telehealth for those who wish to continue physical therapy treatments at home and not lose progress.

ASPARAGUS RISOTTO

INGREDIENTS

- 4 cups (1-inch) slices asparagus
 - 3 cups fat-free, less-sodium chicken broth
 - 1 1/2 cups water
 - 1 tbsp butter
 - 2 cups chopped onion (about 1 large)
 - 2 cups uncooked Arborio rice
 - 1/2 cup dry white wine
 - 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese
 - 1/4 cup heavy whipping cream
- 
- 1 tsp salt
 - 1/2 tsp freshly ground black pepper

DIRECTIONS

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.

GET TO KNOW OUR TEAM: FRANK DIECKMAN, PT, MTC, CFC



We are so happy to have Frank lead our clinical team here at FYZICAL Ellenton, Central Bradenton, and our new location South Sarasota! He has an innate passion for helping people which really shines through in our overall patient care. Frank earned his expertise from the "Amsterdam College for Allied Health Professionals", where he graduated in 1994 with his bachelor's degree in Physical Therapy while completing simultaneously a Sports Medicine Urgent Care tract at the renowned "A.F.C. Ajax Soccer Academy".

With a desire to help professional athletes and weekend-warriors everywhere, he initially decided to set his focus on a sports medicine career in Holland. Frank then decided to move to the United States in 1996, where he continued his career helping athletes and patients. From 1997-2002, Frank was the clinic director at IMG Sports Academy, helping athletes and weekend-warriors recover from injuries and improve their performance abilities. While his original focus was in sports medicine, Frank has since expanded to include patients from all walks of life. In fact, in 2002, he decided to open his own outpatient Physical Therapy clinic with his wife Melanie Scott, who is also a practicing Physical Therapist.



Their clinic initially specialized in back, neck, joint, and muscle injury rehabilitation, but has since adopted new specializations, including the treatment of balance issues, dizziness, and neurological conditions as well as TMJ injuries. At his core, Frank really strives to help all patients as much as he can, and he has dedicated his life to doing so.

Frank is a highly skilled member of our team and an invaluable asset to our practice. He has been known to treat very complicated cases of headaches and facial pain, and this advanced education has led him to teach 2-day CEU courses on TMJ for FYZICAL nationally. It is rare for physical therapists to have the extensive knowledge and certifications that he does for TMJ, and many other PTs are eager to learn from him because of this. Our patients have taken notice of his mastery as well!! Many of our patients travel far and wide to seek treatment with Frank.

Outside of work, Frank and Melanie enjoy spending time with their two children and sharing their love for athletic endeavors. Frank undeniably helps make this a reality – he is such a unique physical therapist who genuinely cares about everyone he and his team treats. His devotion to patients is unlike any other - if you are living with pain, there is no doubt that Frank and his team can help. Frank is currently treating patients at FYZICAL Ellenton, Central Bradenton, and our new location South Sarasota - contact us to schedule a consultation!

Patient Success Spotlight



No more back pain and they provided a great exercise program for after treatment!

"Staff is professional, fun, polite and always making sure patients are doing ok. Up to date technology and a bright encouraging atmosphere. Mark and Heather both treated me and they complement each others' skills. No more back pain and they provided a great exercise program for after treatment. Walking, bicycle riding and back to the gym at 60" - Laura K.

FREE **15 MINUTE CONSULT**
SHOW YOURSELF SOME LOVE!
CALL TO SCHEDULE TODAY!
BRADENTON-CENTRAL CLINIC: (941) 749-1734
ELLENTON CLINIC: (941) 721-1854
SOUTH SARASOTA CLINIC: (941) 894-6848

Limited to the first 25 callers.
Expires 05-15-21



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DETAILS INSIDE



BRADENTON-CENTRAL CLINIC

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F: (941) 749-1736

fyzical.com/bradenton-central

ELLENTON CLINIC

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Ellenton, FL, 34222
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F: (941) 721-1859

fyzical.com/ellenton

SOUTH SARASOTA CLINIC

5980 S. Tamiami Trail
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P: (941) 894-6848
F: (941) 263-7491

fyzical.com/south-sarasota-fl

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WE ARE RANKED #33
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EXERCISE OF THE MONTH

BALANCE | ANKLE STRATEGY

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.

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