

THE



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

2021



GETTING TO THE CORE OF BACK & NECK PAIN

INSIDE:

- Core Strength and Back Pain
- Tips for Better Golfing This Summer
- Patient Success Spotlight

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GETTING TO THE CORE OF BACK & NECK PAIN



Back and neck pain are two of the most common issues that American adults experience, putting a huge physical and economic burden on working Americans by being both two of the leading needs for medical intervention and two of the most common causes people have to miss work. While these may feel like two separate issues, it is somewhat common that neck pain and back pain are actually related. Core strength can have a huge impact on your overall health and wellness, and when your core is weak, it could add up to weakness in your neck and back.

Neck Pain 101

There are a lot of reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work or even practicing poor posture. One of the biggest problems with neck pain is that it often triggers headaches, as the pain is so closely connected to the spine and nervous system. What is more, addressing neck pain is sometimes difficult as there is so much potential to cause more damage to the neck. This is why working with a physical therapist to address neck pain is wise. A physical therapist can help treat neck pain by improving range of motion, using targeted massage techniques, and by improving strength as needed. For example, in many situations, neck pain can be treated by improving core strength.

Back Pain 101

Severe back pain impacts more than half of the population, and many of those with pain in the back as a result of injury end up dealing with that

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

pain long term. One of the biggest problems with back pain is that once it develops, it is difficult to work around it, and many people begin modifying their movements as a result, causing their back to compensate for the injury by putting pressure on other muscles that eventually just leads to more back pain. For this reason, back pain can frequently become a Catch-22—avoiding the things that hurt your back could actually lead you to develop more pain in the future. Working with a physical therapist is the best way to cut your back pain issues in half. Physical therapy can address back pain by helping to improve your range of motion, strengthen the muscles in your back and surrounding areas, and by using targeted massage to reduce tension. In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

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CORE STRENGTH AND BACK PAIN

You may be surprised how frequently issues with the neck and back actually stem from issues with core strength. Your core refers to the muscles that make up your torso, including your abdomen. These muscles are called the core because they are at the center of your body, and they are necessary in just about every action that you engage in. Everything from walking and running and swimming to sitting and driving require you to engage your core.

There are a lot of reasons to improve core strength outside of any existing neck or back pain. When you improve your core, you are likely to also improve your posture and thereby reduce your risk of developing further back pain in the future. Furthermore, the exercise that helps to improve core strength is often helpful in promoting weight loss, and for those who are overweight, this could also help reduce pain in the neck and the back.

Sometimes, when your core is weak, it can cause you to experience added pressure on areas like your neck and back. There are a lot of ways that working with a physical therapist can help you improve your



core strength. You may be encouraged to practice core exercises for example, which may include abdominal crunches or leg lifts. Light weight-training activities are also frequently helpful, as are balance-based activities like yoga.

If you haven't spent much time building core strength in the past, then working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and movements to reduce further risk of injury. For more information about how to start improving your core, contact us

CALL US TODAY TO MAKE AN APPOINTMENT!

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EASY MANGO PROTEIN SMOOTHIE



INGREDIENTS

1/2 cup unsweetened vanilla almond milk
1/2 cup low-fat vanilla Greek yogurt
1 cup frozen mango chunks (or

about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
1 scoop vanilla whey protein powder
1 tsp honey or to taste (optional)
1 mint sprig (optional)

DIRECTIONS

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

GET TO KNOW OUR TEAM: HEATHER BRABEC, DPT, PT BRADENTON STAFF PT



Dr. Heather Brabec received her BA in Biology from Ave Maria University in 2014. She completed her graduate studies at the University of New England where she earned her Clinical Doctorate Degree in Physical Therapy in 2017.

Heather is passionate about utilizing her education and her talents, to provide personalized high quality Physical Therapy to patients of all ages. Everyone has a goal to work towards and that goal, your goal, is her rehabilitation target.

Her clinical expertise includes Vestibular Disorders, Pelvic Health, Geriatrics, Orthopedics, and Wellness Programs. She is a clinical specialist in vestibular rehabilitation and pelvic floor rehabilitation.

Outside of work, Heather enjoys being with her fiancée, spending time training for marathons, cycling on her Peloton, cooking vegan, and kayaking.

READY TO GET BACK ON THE COURSE?

TIPS FOR BETTER GOLFING THIS SUMMER



Golfing for the first time after a couple months can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out. Before getting back into the swing of things, here are some following tips:

- 1.Prepare.** Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.
- 2.Stretch.** Stretching can improve your range of motion, making it easier to swing the club. Try some of these stretches, which will warm up the muscles you will use in your golf swing.
- 3.Easy does it.** The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round. If you regularly ride in a cart, this is likely a little less of a concern.



- 4.Don't let your skills get rusty.** If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

Reference: <http://tria.com/tips-better-golfing-summer/>

Patient Success Spotlight



I cannot say enough good things about Heather at Fyzical Therapy and Balance Centers. I had been to another PT center after my knee surgery and was very disappointed in my results. It set me back in my overall recovery. It has been over one year since my surgery and Heather has worked with me to get my knee where it should be. She has given me so many different exercises that I had never had before. She has also done cupping at times on my knee and electrodes placed on my knee with either ice or heat after my session. Everyone there is very caring, knowledgeable and professional and I highly recommend this facility. -**M.C.**

**15 MINUTE
CONSULT**
**CALL TO
SCHEDULE
TODAY!**

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Expires 07-31-21



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**FREE 15 MINUTE
CONSULT**

DETAILS INSIDE



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WE ARE RANKED #33
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EXERCISE OF THE MONTH

DOUBLE KNEE TO CHEST STRETCH

Lie on your back, knees bent, feet flat on the floor. Contract your deep core and continue breathing normally. Now straighten your leg by sliding your heel down, keeping pelvis level. Slide heel back up towards buttock, alternate legs. Repeat 10 times with each leg.

Good stretch for your lower back

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