



# ALL I WANT FOR CHRISTMAS IS LOW BACK, HIP & KNEE ARTHRITIS PAIN RELIEF



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## GIFT YOURSELF WITH LOW BACK, HIP & KNEE ARTHRITIS PAIN RELIEF



If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

**What Is Arthritis, Exactly?** Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

# FREE

## PAST PATIENT CHECKUP

BIG DEAL

Contact us today to schedule your FREE checkup!



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

Offer expires 1/29/21

**What Causes Lower Back, Hip and Knee Arthritis?** Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain. However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation. Discover how our team of specialists at FYZICAL can get you moving pain-free again!

## ARTHRITIS & PHYSICAL THERAPY

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! **Go online or call us to schedule an appointment today.**

Source: <https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>  
<https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php>  
<https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain>  
<https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

**CONTACT US AT (217) 345-2345!**

### NO-BAKE CHOCOLATE PEPPERMINT BALLS

#### INGREDIENTS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)

#### DIRECTIONS

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

<https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>



# HOLIDAY SALE

BIG SALE!



Start your holiday shopping off right! FYZICAL is offering a holiday sale on select items! Stop by a clinic nearest you today to purchase the following items on sale:

- **TENS Unit Device:** \$40 was \$45
- **BioFreeze Professional Tube or Roll-On:** \$10 was \$12
- **Therapy Balls:** \$5





## PATIENT SUCCESS SPOTLIGHT

## Exercise To Do At Home

“I came in having lower back trouble and he showed me a few stretches that can help me and after I did them I had immediate results. No pain what so ever!!” - Seth



### Stretches Legs

#### HAMSTRING STRETCH | WALL

Place a leg up a wall while lying on your back. Your other leg should lay straight on the floor and through a doorway or hall. Hold for 20 seconds and repeat on each leg.

SimpleSet Pro  
www.simpleset.net



## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

Have you undergone surgery recently? **Call us today at Matoon: 217-345-1245 or Sullivan: 217-728-8100** to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

## A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

My hope was to avoid COVID-19 until vaccines were distributed but the best laid plans did not work. My wife's required surgery unfortunately exposed both of us. So not only did she get to recover from surgery but from the virus as well. And as soon as I found out we took the mandatory quarantine. Thanks

to the prayers of all of you we are back open again. If only if I had felt like working outside as the weather was quite lovely.

I was trying to commiserate with my youngest son, Keegan, about how totally quirky this pandemic has been on his medical school education since he just finished exams on the next section. The tests are fully comprehensive, not just the new material and what a challenge having to group study sessions online and he reminded me that they don't know any other way. All the new world way.

Many thanks to those that helped my family and brought groceries to the house. Neighborly manners and kindness still exist. It is the reason for the season. Merry Christmas and a prayer for a Happy New Year!



# Thank you