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FYZICAL
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NEWSLETTER

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LIFE DOESN'T HAVE TO BE A PAIN IN THE NECK

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PT Is Essential!

REMEMBER! Physical Therapists Are
"Essential Critical Infrastructure Workers"



LIFE DOESN'T HAVE TO BE A PAIN IN THE NECK



Head and neck pain is not the type of pain that you can push through and deal with for too long. For one thing, chronic pain in the head or neck is often associated with some sort of chronic health concern — one that you need to deal with, not ignore. Secondly, when you are dealing with constant pain in your head or neck, it becomes difficult to concentrate. This can have a negative effect on your personal relationships, your career and more.

The most common cause of neck or head pain is a muscle or joint problem. Working with a physical therapist can help you to identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without having to commit to long-term pain management — which often includes the use of pain medications that are potentially harmful to your health and not likely to work as well over time. Unlike pain medications that become less helpful the longer they are used, physical therapy provides long-term relief from pain by correcting the joint or muscle concern with targeted therapies like flexibility exercises, muscle strengthening techniques, and guided stretches that target core joints and muscles. Of course, not all neck or head pain is the same, so understanding the basics of what you are dealing with is the first step to achieving relief.

Head Pain 101. There are a lot of different types of headaches that you may experience, and each can be caused by its own different reason. For example, migraines

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can be caused by environmental factors, food allergies or even as a result of stress. There are headaches that can develop due to sinus pain and headaches that will develop when you are dehydrated. There are also headaches that will develop when you are exposed too long to loud noises. There is no singular fix for each of these different types of headaches, which is why attempting to treat every headache you experience with the same medication frequently doesn't work.

One of the most common causes of headaches that are easily treatable with physical therapy is radiating headaches, which are caused by stress in the joints and muscles of the neck. This causes pain to radiate from the top of the neck into the head, especially surrounding the ears. There are a lot of reasons why radiating headaches could develop, including as a result of lack of movement and stiffness in the neck. This buildup of irritation can be treated with regular physical therapy, especially through the use of massage and flexibility exercises that target the muscles in the neck.

NECK PAIN 101

In many situations, pain that develops in the neck can be associated with one of two major problems. The first is upper-back pain that begins to radiate into the neck. The second is arthritis. Cervical arthritis causes frequent aches in the neck and shoulders. This pain is generally worse when there are sudden changes in weather or at the end of the day, and while over-the-counter medication may make the pain less severe, it won't eliminate the pain entirely. The biggest problem posed by cervical arthritis is that the pain will typically cause a loss of range of motion in the neck, which actually increases your risk of injury as a result of a sudden movement and causes regular discomfort and frustration as you are not able to utilize your neck in the way you normally could. There are plenty of situations in which pain in the neck as a result of cervical arthritis grows so severe that it can cause chronic poor posture and even a reduction in height.

Addressing the Core Problem. The majority of neck and head pain can be helped with one simple strategy: strength building. It frequently happens that the absolute cause of the start of a pain in the neck or head is a result of poor posture or quickened motion, and building core strength, as well as strength in the neck, can make a huge difference in your ability to handle tasks without experiencing chronic pain. Keep in mind that the neck and head are sensitive areas, so attempting to treat the pain at home can be dangerous and may not be effective. **Working with a physical therapist is a safe way to ensure that you are practicing positive techniques to find relief from your aches and pains.**

CONTACT US AT (217) 345-2345!

IMMUNITY-BOOSTING CITRUS SMOOTHIE

INGREDIENTS

- 1 cup frozen mango chunks
- juice of 1 lemon
- 1/2 tsp ground turmeric
- 1/4 tsp ground cayenne pepper
- 3/4 cup orange juice
- 2 tsp fresh grated ginger
- 1 small red beet, chopped
- 1 cup frozen raspberries



- 1 blood orange/grapefruit, segmented
- 1/2 cup pomegranate juice
- honey to taste (optional)

DIRECTIONS

In a blender, combine the mango, lemon juice, turmeric, cayenne, ginger, and orange juice. Blend until completely smooth, adding more honey if needed to sweeten. Pour into a tall glass. Rinse the blender out. Combine the beets, raspberries, orange, and pomegranate juice. Blend until smooth and creamy, adding more pomegranate juice if needed to reach your desired consistency. Pour over the mango mixture and stir gently to swirl.

www.halfbakedharvest.com/immune-boosting-winter-citrus-smoothie



DEPRESSION GOT YOU DOWN?

LET A THERAPIST TAKE THE WHEEL

It's no surprise that depression rates are up all around the globe with everything we've been forced to deal with. However, it's still highly recommended to do what you can to get your body moving. No matter your age or fitness level, FYZICAL is here to teach you how to use exercise as a powerful tool to feel better.



If you've been experiencing anxiety to any extent, physical therapy can also help you learn breathing exercises that can alleviate pains in your chest caused by panic attacks. Our skilled therapists here at FYZICAL are ready and able to assess how your body is currently functioning if you're dealing with anxiety and depression. These two conditions can cause a lot of unnecessary stress on the body, and make it very difficult for you to function normally, or have enough energy to use critical thinking skills.

Contact Our Office Today. Here at FYZICAL, we're dedicated to the best overall health of every single one of our patients. Our therapists will talk with you about your current stressors, and do a thorough evaluation of your physical abilities and any areas causing you pain. We'll make sure that during this time, you feel taken care of and supported, both mentally and physically.

PATIENT SUCCESS SPOTLIGHT

“When I started PT, I was having problems with mobility in my neck due to pinched nerves. Moving my neck and head while driving was a problem, also pain when sleeping on my back. Not only has my movement improved but my posture is also improving.” - Carolyn B.



NEW YEAR, NEW YOU

With a new year comes a fresh start to an all-new you! Start the year off right by taking advantage of your renewed benefits early! Make the most of your 2021 benefits to achieve those New Year's resolution goals! The earlier you start your physical therapy, the sooner you can meet your insurance deductible for the year and avoid ending up with unused money in your FSA or HSA account.

Our highly experienced team offers specialized treatment services for any pain, injury, or discomfort you may be feeling. Let FYZICAL help you on your journey to becoming stronger, healthier, and more active in 2021.

Exercise To Do At Home

Stretches Neck

FORWARD NECK TUCK

Sit with good posture then place one hand behind your head and slowly pull your head in the direction of your armpit. Hold for 15 seconds and repeat on each side as needed.

SimpleSet Pro
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A MOMENT WITH KRUCKEBERG

We get to start a New Year. One that will not be controlled by COVID, one that will allow us to get back on our feet financially, one that will let us enjoy the fellowship of our family and friends again. We will pray for those that did not make it and for those who did but are suffering yet. BUT we are not there

yet, so please continuing to wear your mask and social distancing.

This leaves us with lots of options for New Year's resolutions. I think we can add to the usual forever ones like diet, exercise, and be a nicer person. New ones crop up such as wash hands, wipe surfaces with disinfectant, socially distance and wear a mask. Except socially distance and mask wearing, washing hands and disinfect surfaces should be permanent. OH, I did forget one permanent one which is my wife telling me **"Take down that Christmas tree!"**.

Congratulations to our daughter Sidney for graduating from EIU! It was worth it!



Dick Kruckeberg