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IS BACK PAIN SLOWING YOU DOWN?



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CALL IN & WIN!

Find the hidden 4-leaf clover in this newsletter. Call in with the location of the 4-leaf clover for a **FREE MONTH** of access to our independent gym or pool. **DETAILS INSIDE**





FYZICAL
Therapy & Balance Centers

MARCH, 2021

NEWSLETTER

www.fyzical.com/central-illinois



IS BACK PAIN SLOWING YOU DOWN?

CHALLENGE YOUR MIND

FIND THE HIDDEN 4 LEAF CLOVER



Challenge your mind! Find the hidden 4-leaf clover in this newsletter. Call in with the location of the 4-leaf clover to be entered into a drawing for a **FREE MONTH of access to our independent gym or pool.**



Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable—ruining your good time.

What Causes Back Pain? A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture
- Spinal muscle and tissue damage

- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing—except for medication—can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.



BACK PAIN SOLUTIONS

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular. Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

Back Pain Prevention. A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Lift Properly. You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

Use Good Posture. When you're standing, imagine a string is attached to the top of your head—lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

Use Strength Training. Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.

Sources: <http://www.apta.org/>
<https://www.acatoday.org/Patients/Health-Wellness-Information/Back-Pain-Facts-and-Statistics>
<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>

CONTACT US AT (217) 345-2345!

SHAMROCK GREEN SMOOTHIE



INGREDIENTS

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1–2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

DIRECTIONS

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>



WORD SEARCH

K	W	B	Q	E	U	D	F	L	K	I
C	A	P	A	T	R	I	C	K	C	B
I	D	L	O	G	M	R	Q	S	O	O
R	U	H	F	L	P	A	N	G	R	S
E	B	S	J	D	C	I	W	E	M	E
M	L	Q	L	I	X	O	P	U	A	N
I	I	A	T	N	B	N	T	E	H	D
L	N	L	U	N	V	E	U	F	S	N
K	E	X	I	E	T	E	A	B	X	A
C	N	A	B	L	A	R	N	E	Y	L
I	R	M	I	P	C	G	S	V	A	E
H	E	T	H	C	R	A	M	E	W	R
I	R	I	S	H	Q	J	D	O	A	I
S	C	B	E	C	L	O	V	E	R	N
L	E	P	R	E	C	H	A	U	N	T

Bagpipes
 Blarney
 Celtic
 Clover
 Irish
 Dublin

Gold
 Green
 Ireland
 Irish
 Leprechaun

Limerick
 March
 Patrick
 Rainbow
 Shamrock



PATIENT SUCCESS SPOTLIGHT

“I was in pain constantly before coming here. I have continued to have less lower back pain. I have benefited from the therapy and exercises.”

- Michael C.



REFER A FRIEND

Who do you know that could benefit from therapy? If you know someone suffering from aches and pains, refer them to FYZICAL today. Pass along this newsletter or have them call us directly for a Free Pain Consultation. Win a free gift when you refer!



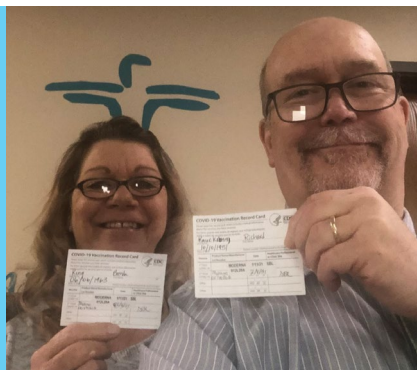
A MOMENT WITH KRUCKEBERG

Thank goodness the cold and snow are behind us (we hope?). Many people were already use to staying home to avoid COVID so not getting frostbite was another good reason. I was available for those of you stalwart people that shoveled snow and then needed their lower back to work again.

Brenda and I have completed both COVID vaccines so theoretically that worry is behind us. The reaction to the second vaccine was short but more intense than the case of COVID I had in November. If you have not gotten your second shot, be prepared to kick back for a day and rest.

Our renovation in our suite in Sullivan is almost done. Thank you for being patient and coming in the back and tolerating the dust. The front entry is now open and looks good.

The itch to get outside in the yard is starting. I still have leftover leaves from those reluctant oak trees to rake up from around the house and some trees to trim before the warm




days of spring cause them to bud out. Hopefully, at least dry air will act as a balm to sooth that itch. In the mean time I can start tossing things from any “spare parts or paper” repository I have collected. Did I say I need a dumpster?

Exercise To Do At Home

Stretches Back

SUPPORTED BRIDGE

Lie on your back with knees bent and feet hip distance apart. Place your feet close enough so they can be touched by your finger tips. Inhale and lift the hips, place a block under the sacrum. Keep the chest open. Hold for 30 seconds and repeat 10 times.

 SimpleSet Pro
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