



FYZICAL
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OCTOBER, 2021

NEWSLETTER

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OSTEOARTHRITIS IS A PAIN! PHYSICAL THERAPY CAN HELP

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Elective surgery is on hold again, but you do not need to be! We are still open and accepting patients to get you through until you can have surgery. Give us a call and schedule a time now.

As we all age, our bodies experience a certain “wear and tear” on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one's body, resulting in achy or painful joints after exercise, after a long day on one's feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the **fingers, hips, knees, and spine**. These are all joints that we use excessively, even in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you've already used these joints a multitude of times. Therefore, it isn't surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our physical therapists a call today to discuss pain relief.

Why do we experience Osteoarthritis? While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to weak

joints, poor dieting, or if they aren't very active. Your cartilage works hard to protect your joints by absorbing the natural shocks that your body experiences on a daily basis. Therefore, much of your likelihood regarding Osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. As cartilage wears down, Osteoarthritis becomes much more common.

As Osteoarthritis progresses, more symptoms can arise. **The most common symptoms are:**

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus - also referred to as a “cracking or crunching” feeling when moving the joint(s), or the sound of bone rubbing on bone.

(continued inside)

HOW CAN PHYSICAL THERAPY HELP OSTEOARTHRITIS?

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical and occupational therapy are the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions. If you have arthritis, don't fret - there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution. Physical therapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution. Occupational therapy will also help in learning to use your joints in new ways once again, allowing for the highest quality of life despite the severity of your arthritis.

Our physical therapists are trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility. Don't settle for a life of aches and pains - physical therapy can get you back on your feet and doing the activities you



used to love! **If you are suffering from Osteoarthritis, give us a call today - we can get you back to living your best, most pain-free life.**

Sources: <https://www.aota.org/-/media/Corporate/Files/AboutOT/Professionals/WhatsOT/PA/Facts/Arthritis%20fact%20sheet.pdf>
<https://www.arthritis.org/>

CONTACT US!

MATTOON: (217) 345-1245

SULLIVAN: (217) 728-8100

SIMPLE TASTY CHILI



INGREDIENTS

- 1 1/2 lbs lean ground beef
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16-oz) cans red kidney beans, rinsed & drained
- 2 (14-1/2-oz) cans diced tomatoes
- 2 to 3 tbsp chili powder
- 1 tsp salt
- 1 tsp pepper
- 1 tsp ground cumin

DIRECTIONS

Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Place mixture in 5-quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours.

OCTOBER IS NATIONAL

PHYSICAL THERAPY MONTH

Physical Therapy Month allows patients to share their stories about how PT has changed their lives for the better. It also gives physical therapists a forum for spreading the word about the different kinds of treatment patients can receive. Many members of the general public don't realize that aside from specialized exercises that build strength and flexibility, PT also offers pain management through massage, heat and cold applications, and specialized electronic-pulse devices.

In physical therapy, pain is a way to determine exactly what needs to be worked on, in order to reduce discomfort down the road.

Does an official month really matter, given that physical therapists are out there making a difference every day? In many ways, yes! If you or a loved one has been on the fence about giving PT a chance, the many stories you're likely to hear during this month of public awareness may help you to decide. **If you have any questions about whether you should #UsePhysicalTherapy, call our office today to discuss your condition and to set up an evaluation.**



PATIENT SUCCESS SPOTLIGHT

“I came into therapy 3 days after a complete knee replacement with a walker. I’m pleased to be leaving and walking on my own with confidence and no pain. I am very happy with my experience here.”

- Kristy D.



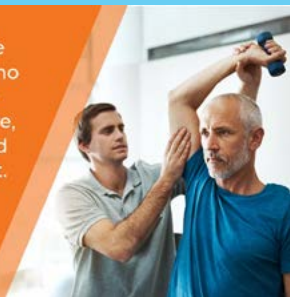
A MOMENT WITH KRUCKEBERG



October is always one of my favorite months. The weather is cooler, you don't have to mow as often and most importantly it is my birthday month. I have taken lessons from my wife and try to celebrate my day all month long. It works for her so well that I think she sometimes expands it all year long.

Physical therapists are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement.

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I was asked how the pond is doing this year. Well, I did keep up a little better on the dye coloration so that algae is definitely less. The aquatic weeds are another story. Since it will be cooler I will rake the pond as much as I can and use that vegetation for yard mulch. I figure it will fill in the low spots in my yard so long as the deer don't eat it all.

Speaking of deer, I was using a mineral block to distract the squirrels from chewing on the car wires in the drive. That seems to work (Thanks Mike S); however, the deer discovered it and quickly took care of any remnants of it and the ground it sat on for about a foot deep and 2 foot around. Getting ready to mow the other day stepped around the garage coming face to face with a deer in that spot. The deer looked up with what seemed contempt as if to say, "More mineral block dummy!"

HAPPY PHYSICAL THERAPY MONTH! Celebrate by getting that ache or pain taken care of.

Exercise To Do At Home

Stretches legs

STRAIGHT LEG RAISE

While lying or sitting, raise up your leg with a straight knee and your toes pointed upward. Hold for 10 seconds then repeat 6 times on both legs.

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Are you in pain? Have you sustained an injury? **Give us a call today to schedule an appointment!**

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