



## TAKE CARE OF YOUR CHORES BEFORE THE HOLIDAYS

PHYSICAL THERAPY CAN HELP

### INSIDE:

- How Physical Therapy Can Help Your Back Pain
- Exercise To Do At Home
- Patient Success Spotlight
- A Moment With Kruckeberg





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

DECEMBER, 2021

# NEWSLETTER

[www.fyzical.com/mattoon-il](http://www.fyzical.com/mattoon-il) | [www.fyzical.com/sullivan-il](http://www.fyzical.com/sullivan-il)



## LIFT UP YOUR HOLIDAY SPIRITS WITHOUT FEAR OF BACK PAIN



Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At FYZICAL of Central Illinois, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point. It is estimated that 80% of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away. Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

At FYZICAL of Central Illinois, we are experts at treating lower back pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained therapists!

**Lower back pain in the United States.** Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults in the US said lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite the lack of evidence, opioids are still being used to alleviate back pain.

The health-care costs for adults with spinal problems have been progressively increasing and were estimated at over \$6000 per person with chronic lower back in 2005, with a total cost of \$102 billion. Unfortunately, many of those financial resources go into dealing with back pain through pain management and medication, but that is not an effective long-term solution for dealing with back pain.

A further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain. The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

# HOW PHYSICAL THERAPY CAN HELP YOUR BACK PAIN

Physical therapy is an excellent resource for lower back pain because it addresses the cause of the pain rather than simply attempting to hide the symptoms. Working with a physical therapist can help you experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies. According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy remains the first-line treatment and should be routinely used to get impactful results. Physical therapy treatments that are most effective for lower back pain include:

- Manual therapy
- Joint mobilization/manipulations
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- Addressing the fear some may experience related to back pain
- Techniques like the McKenzie Method and Therapeutic Yoga

Reach out to one of our physical therapists for information and support overcoming lower back pain, and finally, find long-term relief.

**What to expect in physical therapy.** At your initial assessment, your physical therapist will take a thorough history and perform a physical

## CONTACT US!

**MATTOON: (217) 345-1245**

**SULLIVAN: (217) 728-8100**

## CHEWY GINGER MOLASSES COOKIES

### INGREDIENTS

- 1 flax egg
- 1 tbsp flaxseed meal + 3 tbsp water
- 1/2 cup almond butter
- 1/3 cup coconut sugar
- 2 tbsp molasses
- 1 tsp Simply Organic Vanilla Extract
- 1 tsp Simply Organic Ginger
- 1/4 tsp Simply Organic Allspice
- 1/4 tsp sea salt
- 1/4 tsp baking soda



- 3 tbsp coconut flour
- Raw turbinado sugar for sprinkling optional

### DIRECTIONS

Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside. In a mixing bowl, combine the flax egg, almond butter, coconut sugar, molasses and vanilla. Beat with an electric mixer until smooth. Add the spices, salt, baking soda and coconut flour and beat again until a sticky dough forms. Using a small cookie scoop, drop the dough onto the baking sheet, spacing the cookies at least 2" apart. Repeat until all the dough has been used. Gently flatten the cookies with your hands and sprinkle with sugar. Bake on the center rack for 11 minutes. Remove from the oven and allow the cookies to cool for 10 minutes on the pan before transferring them to a wire rack to finish cooling. Once cool, pack up and/or enjoy!



exam. The oral history of your back pain helps your therapist identify any "red flags" that would indicate a more serious condition or that warrants a different form of medical intervention. (i.e., fracture, tumor, infections, or systemic inflammatory disease). The physical examination involves taking you through a series of specific movements to allow your therapist to classify your condition. Our therapists interpret this information to determine the most effective treatment options based on well-researched interventions and clinical experiences. This approach eliminates guessing and provides a clear direction for designing an exercise program that will alleviate pain and get you back to doing what you have been avoiding due to pain.

**Contact us for an appointment.** At FYZICAL of Central Illinois, our physical therapists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities. **Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!**

Sources: <https://link.springer.com/article/10.1007/s40122-018-0105-x>  
<https://www.cdc.gov/acute-pain/low-back-pain/index.html#fn2>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5027174/>  
<https://www.statista.com/topics/4333/back-pain-in-the-us/#dossierKeyfigures>

## 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.

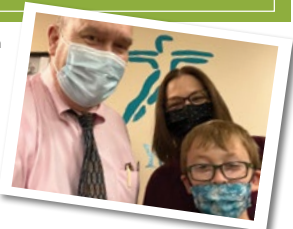


If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

**Have you undergone surgery recently? Call us today at Mattoon: (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.**

## PATIENT SUCCESS SPOTLIGHT

“When I started here, I had been to five different doctors and multiple procedures at the pain clinic. I could not lay flat on my back or bend over to touch my toes. Today I am pain-free, sleep through the night, and can touch my toes for the first time in over a year! Thank you for giving me my life back!” - **Stephanie H.**



## A MOMENT WITH KRUCKEBERG



**Richard Kruckeberg renews credentials as an expert in upper limb rehabilitation. Working with a Certified Hand Therapist (CHT) is beneficial to patients, physicians.**

**Mattoon, IL – 10/22/21** - People value the use of their hands; therefore any loss of function through injury or disease can devastate lives. A Certified Hand Therapist (CHT) offers the public assurance that the therapist treating them has achieved the highest recognition of competency

in the profession. Richard Kruckeberg of FYZICAL of Central Illinois has renewed the distinguished CHT designation after completing all requirements. The Hand Therapy Certification Commission, Inc., (HTCC), the recognized specialist in hand therapy certification worldwide, is proud to announce that Richard Kruckeberg has renewed his credential as a Certified Hand Therapist. Richard Kruckeberg has been credentialed after meeting strict eligibility requirements and passing the rigorous Hand Therapy Certification Examination. Certification is granted for five years. In order to renew and maintain this certification at the end of the five-year period, CHTs must demonstrate current knowledge in the profession through work experience and professional development activities, or by taking the examination again. There are approximately 6,200 individuals worldwide that hold this marked designation.

According to Dr. Roy Meals, a hand surgeon at UCLA, many physicians direct patients to Certified Hand Therapists to ensure good results after hand surgery. Dr. Meals says, “Treatment of most hand conditions requires modulation of scar tissue. The good news is that scar sticks tissue together; the bad news is that scar sticks tissue together. The hand is such a compact structure that the margin between good and bad may only be the thickness of a few collagen fibers. The only way for a surgeon to look good in this scenario is to enlist a Certified Hand Therapist to oversee the modulation. CHTs are entirely familiar with the diseases and injuries that I treat. CHTs efficiently and effectively manage my patients’ hand rehabilitation.”

**For additional information on Certified Hand Therapists, contact:**

Hand Therapy Certification Commission, Inc.  
180 Promenade Circle, suite 300 #41  
Sacramento, CA 95834  
Toll Free Phone: (800) 860-7097

**For additional information on Richard Kruckeberg, PT,OCS,CHT, contact:**

Richard Kruckeberg  
FYZICAL of Central Illinois  
100 Professional Plaza , Mattoon, Il 61938  
Phone: 217-345-1245

## Exercise To Do At Home

Strengthens back

### LUMBAR EXTENSION

Stand with good posture, feet shoulder width apart. Position your hands on the backs of your hips. Lean back, far as you comfortably can. Slowly return to the start position. Repeat 10 times.

**SimpleSet Pro**  
www.simpleset.net



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

**MATTOON:**  
(217) 345-1245

**SULLIVAN:**  
(217) 728-8100



**FYZICAL®**  
Therapy & Balance Centers