



FYZICAL[®]
Therapy & Balance Centers

APRIL 2022

NEWSLETTER

www.fyzical.com/mattoon-il | www.fyzical.com/sullivan-il



PHYSICAL THERAPY CAN HELP YOU GET ACTIVE AGAIN

INSIDE:

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





DISCOVER HOW TO INCREASE YOUR ACTIVITY OF PHYSICAL THERAPY



Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physical therapy can help. At FYZICAL, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track! Contact FYZICAL today for guidance on how to get moving so you can increase your energy and live a healthier life!

How does a sedentary lifestyle affect your body? People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night. An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

HOW PHYSICAL THERAPY CAN HELP

Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle. Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

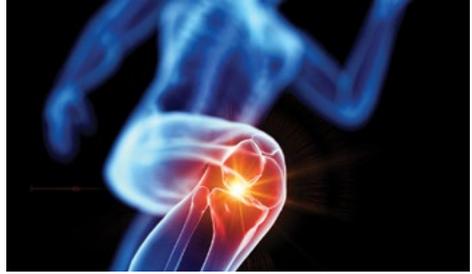
Identifying your prior level of fitness. This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

Teaching you about the consequences of being sedentary. Education is a crucial component of success. We will show you ways to increase movement in their day and help you make choices that support your well-being.

Develop and progress you through specific exercises. Every program is designed based on your needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

What to expect in physical therapy. To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels. Your physical therapist will assess your particular condition



to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step. Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function. In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

Schedule an appointment today. At FYZICAL, we are dedicated to helping you live the best life you can. If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.

Sources: <https://www.who.int/news/item/04-04-2002-physical-inactivity-a-leading-cause-of-disease-and-disability-warns-who>
<https://medlineplus.gov/healthrisks/faninactive/lifestyle.html>

CONTACT US!

MATTOON: (217) 335-4197

SULLIVAN: (217) 733-0539

SMOKY VEGAN BACON



INGREDIENTS

- 1 large carrot
- 2 tablespoons maple syrup
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon liquid smoke
- 2 tablespoons olive oil

DIRECTIONS

With a mandoline or vegetable peeler, cut carrot into long, thin strips. In a shallow bowl, whisk maple syrup, paprika, garlic powder, onion powder, salt and liquid smoke. Dip carrot slices into syrup mixture, allowing excess to drip off. In a large skillet, heat oil over medium heat. Cook carrot slices in batches until browned, 4-6 minutes, turning once.

Source: <https://www.tasteofhome.com/recipes/smoky-vegan-bacon/>

TELL US HOW WE DID!

DIID YOU KNOW YOU CAN LEAVE A GOOGLE REVIEW WITHOUT A GOOGLE ACCOUNT?

INSTRUCTIONS:

1. Open the camera on your smart phone
2. Center the desired QR code in the frame
(this will take you directly to our Google Review page)

3. You will see one of two screens:
 - One will allow you to give a rating and write the review as usual
 - The other will ask you to sign in
4. If you see the second screen asking you to sign in, click "Create Account"
5. Then click "Use my current email address instead"
6. Tell us how we did!



Mattoon Office



Sullivan Office

PATIENT SUCCESS SPOTLIGHT

“I feel very fortunate to have Fyzical and Dick Kruckeberg available here in Sullivan. I have turned to Dick after all my surgeries that required therapy to relieve surgical pain and immobility and sometimes non-surgical pain. The staff has always been very supportive, knowledgeable, and professional. After therapy here, I always feel so much better... Dick always knows what my situation needs and I always feel 100% improved after my consistent one-on-one care. Dick knows just what I need to calm the pain... I highly recommend this center for pain relief.” - **Patricia N.**



A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

St. Patrick's Day was a big hit with one of our favorite people is Cheryl Hawker who always likes to dress for the holiday.

The weather in Illinois is always changing and that means I missed the early window for algae prevention for my pond. I did get started on it but now (providing the rain slows down) it will be under control. So goes the annual battle of being a pond owner.

The rain also softened the ground to the point one of my trees fell over. Fortunately, not near the house. The rain also raised part of my drive in the front of the garage and now the run-off water likes to come in. That is a project for this weekend to put down a weather strip that will seal the garage door. Now that my daughter moved out there are things she wants help with such as changing the toilet seat. Glad to know Dad is good for some important things.



A tremendous load of gratitude to Dea Greathouse for all her help these last few months. Dea has been a great asset to the front office in terms of organizing our how-to folder on all the procedures and helping Vicky navigate a medical front office. Good luck, Dea on your next adventure and we hope your husband gets back his farm work soon so you don't have to continue to wear bib-overalls.

Exercise To Do At Home

Stretches hips

SACRAL STRETCH

Squat deep. Keep your knees behind your toes. Use elbows to push knees wide. Hold for 30 seconds and repeat as needed.



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

MATTOON:
(217) 335-4197

SULLIVAN:
(217) 733-0539



FYZICAL
Therapy & Balance Centers