



SPRING IS HERE! **ARE YOU PREPARED TO GET ACTIVE?**

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SPRING IS THE SEASON OF RENEWAL & ACTIVITY



Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At FYZICAL, our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring! Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move. The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance for getting started, whether to resolve an injury or commit to fitness, physical therapy can help. Request an appointment with FYZICAL today!

Physical therapy can help you be more active this spring. Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles. Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape! Physical therapy is helpful for people recovering from an injury or surgical procedure. FYZICAL physical therapists are movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this spring!

Some of the common Springtime activities physical therapy can help with include:

Running. Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

Gardening. Gardening usually requires you to get down on your hands and knees in the dirt! A physical therapist can identify and remedy this. Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

Biking. Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

WHAT TO EXPECT FROM FYZICAL THERAPY

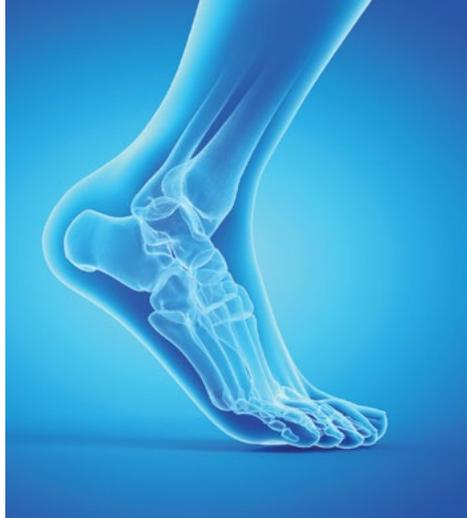
Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

Request an appointment to get started today. FYZICAL offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most. **Request an appointment today if you're interested in using your reinvigorated energy this spring!**



Sources: <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/physical-activity.htm>
<https://www.sciencedirect.com/science/article/abs/pii/S0003999318302120>
<https://www.tandfonline.com/doi/abs/10.3109/09593985.2010.544052>

BAKED FALAFEL

INGREDIENTS

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 TBS ground flaxseed
- 1 TBS olive oil



DIRECTIONS

Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 TBS of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 minutes, flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>

CONTACT US!

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Mattoon Office



Sullivan Office

PATIENT SUCCESS SPOTLIGHT

“A couple of weeks ago I came in with terrible back pain. I am a dancer and it is very hard to do basic things. After the first week of physical therapy, I had already seen significant progress and continued to every day.” - **Amelia P.**



A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

Well, April certainly had Spring Showers. We will see if May has the flowers. Darn deer were eating the tulip leaves so hopefully the castor oil /cayenne pepper spray will keep them away. Trying to get other perennials planted for my wife was

a challenge between downpours. She is looking forward to Mother's Day as our kids will help plant the annuals providing the weather holds out.

The yearly struggle between me and the algae on the pond is almost as exciting as the NCAA tourney was. The extra rain has kept it difficult for the dye to be as effective. Squirrels are playing for the algae team as they got into the bottle of dye and opened it on the back porch. So now I have a beautiful blue streak that will slowly wear away all summer.

Thanks to Kandyse, our medical office intern. She is moving on to her career in Medical Office Management. We wish her the best of luck and hopefully, she can effectively use all that she learned.



Exercise To Do At Home

Strengthens hips

HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.

SimpleSet Pro
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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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FYZICAL®
Therapy & Balance Centers