



HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

READ ON TO SEE HOW!

INSIDE:

- Tips You Can Do On Your Own To Become Healthier
- Exercise To Do At Home
- Patient Success Spotlight
- A Moment With Kruckeberg





YOU DON'T HAVE TO CREATE A HEALTHY LIFESTYLE ON YOUR OWN PHYSICAL THERAPY CAN HELP!



Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At FYZICAL, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life! Contact FYZICAL today to find out more about how our services can help you live a healthier, stronger, and more active life!

What Does it Mean to be Healthier? Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.

(continued inside)

TIPS YOU CAN DO ON YOUR OWN TO BECOME HEALTHIER

(continued from outside)

4. Joint and muscle mobility. Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.

5. Nutrition matters. You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.

6. Stay hydrated. Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.

7. Practice meditating. Meditation is beneficial for physical and mental well-being. Trying practicing things like meditation and yoga regularly. The downtime will help you feel better. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

How Physical Therapy Can Help You. Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.



Every program is designed based on your individual 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. We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

Contact our clinic today to make an appointment. Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at FYZICAL would love to help you live the highest quality of life possible. Contact us today to begin your new chapter toward becoming a healthier you!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>
<https://academic.oup.com/ptj/article/95/10/1433/2686492>

CONTACT US!
MATTOON: (217) 335-4197
SULLIVAN: (217) 733-0539

CUCUMBER SANDWICH

INGREDIENTS

- 2 oz cream cheese, at room temperature
- 1 tbsp low-fat plain Greek yogurt
- 1 tbsp sliced fresh chives
- 1 tbsp chopped fresh dill
- ¼ tsp ground pepper
- 2 slices whole-wheat sandwich bread
- 1/3 cup thinly sliced English cucumber



DIRECTIONS

Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

Recipe: <https://www.eatingwell.com/recipe/7949991/cucumber-sandwich/>

TELL US HOW WE DID!

Did 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 came in as a last resort to avoid MRI’s/X-rays. I had trouble doing daily things like showering and carrying grocery bags into the house. Through weeks of recommended workouts, resting, and appointments, I am now able to do daily things the same way I HAD BEFORE INJURING MY SHOULDER. I was able to schedule appointments to fit my schedule and they were incredibly helpful with help scheduling.” — **Andrew K.**



A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

The Sullivan office is a victim of COVID. The large plate glass window broke this February. Fortunately, nobody was hurt. Since then like so many products we have been waiting for replacement parts. That turned into “the possibility of redoing the front of the building.” So the phrase of the year is “Hurry up and wait.”

While waiting and looking at the temporary insulation view, I felt there had to be a different look both from the outside of the building and the inside of the suite. Hopefully the outside message is received that we are still open while the inside view is more calming than insulation batting. The heat of summer carries on. With the heat, there is a struggle to control the algae on the pond. The next phase is to start raking the underwater growth. Funny how green growing is calming in one setting and irritating in another.

THOUGH THE WINDOW IS NOT DONE WE ARE STILL OPEN TO KEEP YOU MOVING!

FYZICAL
Therapy & Balance Centers
728-8100



Exercise To Do At Home

Builds strength and stability

HEEL RAISE

Stand while holding a chair as shown. Slowly stand on your tip toes, lifting your heels as high as you can and hold the position. Then repeat to the starting 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) 335-4197

SULLIVAN:
(217) 733-0539

FYZICAL
Therapy & Balance Centers