

THE



**FYZICAL**

Therapy & Balance Centers

NEWSLETTER



## Five Ways to Manage Arthritis Pain — **WITHOUT SURGERY**

[FYZICAL.COM/TRAVELERS-REST](https://FYZICAL.COM/TRAVELERS-REST) | 864.834.4995



## FIVE WAYS TO MANAGE ARTHRITIS PAIN — WITHOUT SURGERY

Donna is one of the 53.2 million Americans living with arthritis. Until recently, she was also one of the many arthritis patients who aren't physically active due to their symptoms. The persistent pain in her knee kept her from hobbies she'd always enjoyed, but now she loves to garden and explore local walking trails with her friends. And she didn't even have to undergo surgery!

What changed? The answer is simple: Donna visited the team at FYZICAL. We helped her understand her condition — including the fact that staying sedentary was making her symptoms worse. We also created a customized treatment plan to help her manage her pain, get active, and get back to the life she wanted to live.

Whether you're living with osteoarthritis, rheumatoid arthritis, or another inflammatory joint condition, we'll work hard to find a solution that meets your needs. All you need to do to get started is call to schedule an appointment. In the meantime, check out these five suggestions for managing arthritis pain from our physical therapists.

### How to Manage Arthritis Symptoms (Without Drugs or Surgery)

- **Stay Active:** Getting enough exercise is one of the best things you can do to manage your arthritis symptoms. If

you have osteoarthritis, this might be a surprise since OA pains often occur when you move the joint. Fortunately, our physical therapists can help you find low-impact exercises that won't put extra pressure on your joints.

- **But Don't Forget to Rest:** While physical activity is crucial in managing arthritis, you need to be careful not to overdo things. Striking a balance between more intense activities (like weightlifting) and periods of active recovery (like walking) will help keep your joints happy.
- **Eat a Healthy Diet:** Swapping out ultra-processed foods for a diet rich in fruits, vegetables, and whole grains can help control the inflammation that contributes to arthritis symptoms.
- **Find a Pain Management Strategy:** You don't have to depend on pain medication to manage your symptoms. Self-massage techniques, hot and cold therapy, and gentle stretches can all help reduce pain levels. Our therapists can provide suggestions!
- **Get Organized:** To maximize your treatment from our physical therapists, keep careful track of your symptoms. When do you feel pain? Where do you feel pain? Do you have any mobility restrictions? How would you describe your pain level? This information will help us create the best possible treatment plan for your needs.

# BUT DON'T FORGET TO VISIT FYZICAL, EITHER!

**FREE LASER SESSION!** Refer someone you love, who becomes a patient, and get a **FREE** laser session!

As musculoskeletal experts, our team of physical therapists can give you the expert guidance you need to address your arthritis symptoms. We offer two main benefits: additional pain management techniques and customized, guided exercise programs.

## How We Help Manage Pain

In addition to showing you self-management options, we offer several pain management approaches in our clinic.

Manual therapy techniques, such as joint mobilizations or soft tissue manipulation, help reduce pain, promote blood circulation, and improve mobility restrictions. We often kick off sessions with a round of manual therapy to help prepare your body for exercise. Depending on your needs, we might also suggest other pain-relieving modalities, such as ultrasound therapy or electrical stimulation.

## How We Help You Exercise Smarter

When managing arthritis pain, pretty much any low-impact exercise will do wonders. However, targeted exercise also plays an important role in addressing pain.

For example, mobility exercises will help improve your joint's range of motion, making movement easier overall. Targeted strength training focuses on improving the strength of the

muscles surrounding your impacted joint, which helps support and stabilize it, helping to minimize pain.

We can also help you get started with a general exercise program. If you've been inactive for a while, starting slowly is essential to avoiding injury. We can provide suggested exercises and durations based on your health history and activity level.

Finally, if your arthritis is in a weight-bearing joint (such as your hip or knee), it's important that you improve your balance to minimize your fall risk — and we can help with that, too!

## Call us to schedule your initial consultation.

No matter your specific needs, FYZICAL is here to help you manage your arthritis symptoms. From personalized guidance to targeted exercise programs, we'll find solutions that work for you.

Sources: <https://www.arthritis.org/health-wellness/healthy-living/managing-pain/pain-relief-solutions/natural-relief-for-arthritis-pain> | <https://www.physio-pedia.com/Arthritis> | [https://www.cdc.gov/arthritis/data\\_statistics/national-statistics.html](https://www.cdc.gov/arthritis/data_statistics/national-statistics.html)



## REFER A FRIEND, GET A FREE TEE!

Know someone who could benefit from physical therapy? Send them our way, and if they become a patient, you'll score a FREE T-Shirt as a thank-you gift!

### Here's how:

1. Refer a friend to our clinic.
2. When they book their first appointment, you both win!
3. We'll hook you up with a super comfy, stylish T-shirt!
4. It's that simple

Don't wait—  
spread the word and  
show off your support in  
style. Refer today!



## ELLIE'S EDITORIAL



Hello Friends! Each day I watch our patients come into the clinic, stiff and sore, just like I used to feel before my humans helped me with my achy joints. I see them stretch, move, and work hard, and I can tell how much physical therapy helps! It gets their blood flowing, loosening up tight muscles and easing that stubborn

arthritis that makes them wince. I even notice some of them wearing these special compression socks, they gently squeeze the legs, helping blood move better and keeping swelling down! By the time my patients leave, their steps are lighter, their faces brighter, and I can tell they're on their way to feeling better! Have your people call my people and schedule today! — **Ellie**

# KEEP YOUR HEART HEALTHY & STRONG

February is National Heart Health Month, a perfect time to focus on the well-being of one of your body's most vital organs—your heart. Explore why heart health is so important and simple tips to help you maintain a strong, healthy heart for years to come.

## Why Is Heart Health So Important?

Your heart works tirelessly to pump blood throughout your body, delivering oxygen and nutrients to your organs and tissues. A healthy heart keeps your blood flowing smoothly, supports your energy levels, and enables you to enjoy life without limitations.

Neglecting heart health can lead to serious issues like high blood pressure, heart attacks, or strokes.

## Simple Tips for a Healthy Heart

- 1. Stay Active:** Regular physical activity strengthens your heart and improves circulation. Aim for at least 30 minutes of moderate exercise, such as walking or cycling, five times a week.
- 2. Eat Heart-Healthy Foods:** Incorporate plenty of fruits, vegetables, whole grains, and lean proteins into your diet. Foods rich in omega-3 fatty acids, like salmon, are especially beneficial for heart health.
- 3. Manage Stress:** Chronic stress can negatively impact your heart. Practice mindfulness, deep breathing, or yoga to manage stress effectively and keep your heart calm.
- 4. Maintain a Healthy Weight:** Keeping your weight in a healthy range reduces the strain on your heart and lowers your risk of high blood pressure and cholesterol issues.

At FYZICAL, we're here to support you in maintaining a heart-healthy lifestyle. Our team of physical therapists is ready to help you make long-term changes for a healthier heart.



# PATIENT SUCCESS SPOTLIGHT



"I've gone here twice for physical therapy; once for rotator cuff treatment the second for a bursa/hip issue. Worked with both Brett and Tony and found both to be exceptional therapists. Their knowledge and attention to detail helped get me back on track and able to enjoy my outdoor activities pain free again. The home exercise program they designed for both conditions was extremely helpful. I highly recommend this team."

## PRODUCT SPOTLIGHT: NABOSO COMPRESSION RECOVERY SOCKS



Naboso Compression Recovery Socks are designed to enhance circulation, reduce swelling, and support overall foot and leg health. Unlike traditional compression socks, they feature textured sensory stimulation technology that activates nerve endings in the feet, improving blood flow and muscle recovery. Some of the benefits of Naboso Compression Recovery Socks are:

- 1. Improves Circulation** – Promotes better blood flow to reduce swelling and discomfort.
- 2. Enhances Recovery** – Helps muscles recover faster by increasing oxygen delivery.
- 3. Reduces Foot Fatigue** – Provides gentle stimulation to reduce tired, achy feet.
- 4. Supports Joint Health** – Eases pain and stiffness associated with arthritis.
- 5. Boosts Sensory Awareness** – Textured design improves foot strength and stability.
- 6. Great for Travel & Long Periods of Standing** – Prevents swelling and discomfort during extended wear.

These socks are perfect for anyone looking to improve recovery, maintain healthy circulation, and keep their feet feeling energized throughout the day!