

THE



**FYZICAL<sup>®</sup>**

Therapy & Balance Centers

NEWSLETTER



**Staying Active Is the Key to Finding**  
*MENTAL & PHYSICAL BALANCE*

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

# NEWSLETTER



## Staying Active Is the Key to Finding Mental and Physical Balance

Maintaining a balance between our mental and physical health has become increasingly challenging in today's fast-paced world. The sedentary lifestyle that dominates much of modern society contributes to a host of physical ailments, ranging from back and neck pain to chronic conditions that affect our health and mental well-being.

The relationship between the mind and body underscores the importance of staying active as an effective strategy for finding mental and physical balance. Physical therapy, often associated solely with injury recovery, plays a crucial role in helping people get and stay active.

### The Link Between Physical Activity & Mental Health

Regular physical activity can have a profound impact on mental health. Exercise releases endorphins, known as the body's natural mood elevators, which can help symptoms of depression and anxiety. Moreover, the discipline and routine associated with regular exercise can provide a sense of purpose and achievement, further enhancing mental well-being. However, initiating and sustaining an active lifestyle can feel overwhelming, especially for those dealing with chronic pain or mobility issues. This is where physical therapy comes into play, bridging the gap between the desire for activity and the capability to pursue it.

# PHYSICAL THERAPY: MORE THAN JUST REHABILITATION

While physical therapy is traditionally viewed through the lens of rehabilitation, its scope extends far beyond recovery from injury. Our FYZICAL physical therapists are experts in movement and will design personalized exercise programs that cater to your unique needs and limitations. Our programs not only aim to improve physical health but also serve as a boost for mental health benefits.

- **Personalized Exercise Programs:** A key component of physical therapy is the development of personalized exercise programs. These are tailored to the individual's specific conditions and goals, whether improving mobility, reducing pain, or enhancing overall physical function and mental well-being.
- **Pain Management:** Chronic pain is a common issue that significantly impacts an individual's mental health, leading to feelings of frustration, depression, and anxiety. Physical therapy offers various techniques for pain management, such as manual therapy, therapeutic exercises, and education on body mechanics. By addressing the root cause of pain, physical therapy not only improves physical function but also contributes to mental relief and a more positive outlook on life.
- **Stress Relief and Relaxation:** Physical therapy sessions often incorporate stress relief and relaxation elements, such as deep breathing exercises and targeted stretching. These techniques help the recovery process and have a calming effect on the mind, reducing stress and promoting mental clarity.
- **Boosting Self-Efficacy and Autonomy:** One of the most significant mental benefits of physical therapy at FYZICAL is the focus on teaching our patients self-care. Learning how to manage one's

health effectively can empower you and give you control over your physical and mental well-being. This approach is crucial for your mental health, as it fosters resilience, self-reliance, and a proactive approach to tackling life's challenges.

- **A Holistic Approach to Well-being:** Our physical therapists believe in a holistic approach to health, recognizing the intricate connection between the physical and mental aspects of well-being. By promoting physical activity and addressing individual health challenges, our approach can significantly improve mental health, contributing to a more balanced and fulfilling life.

## The Path Forward at FYZICAL

Starting your journey toward mental and physical balance through physical therapy begins with recognizing the value of staying active. For those struggling with physical limitations, chronic pain, or simply the inertia of a sedentary lifestyle, physical therapy offers a guided, supportive path to reclaiming an active and balanced life. The benefits extend beyond physical health, touching every aspect of well-being and paving the way for a happier, more balanced existence.

Staying active, with the support of physical therapy, offers a powerful means to achieving harmony between the mind and body. It's a journey worth taking, one step at a time. Call today to schedule a consultation and get started on your road to mental and physical balance!

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8638711/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC992068/>, <https://www.sciencedirect.com/science/article/abs/pii/S1755296617301539?via=ihub>

## EXERCISE YOUR BRAIN

9	8		3		4	6		
	5		7	1				
7				6				
2				3	8	5		
		5	6		1	2		
		6	9	2				4
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				4	7		3	
		4	5		3		7	6



## ELLIE'S EDITORIAL



Hi there! I love getting to see you all coming in getting stronger and healthier every day! Physical therapy isn't just about exercises—it's about rebuilding your body so you can get back to living your life! I wag my tail for every small win! But here's something important: when it's hot outside, don't push too hard. Stay

hydrated, wear light clothes, and take breaks in the shade. Your recovery matters, and overheating can slow it down. If you need new exercises or ideas on strength training during the hot and busy summer months, our office is here to help! I love seeing all of your smiling faces, have your people call my people if you need to get started today! - Ellie

# JUVENT MICRO-IMPACT PLATFORM

The Juvent Micro-Impact Platform is a safe, easy-to-use device that helps your body stay strong and healthy—just by standing on it for 10 minutes! It gently sends tiny pulses through your feet and legs that wake up your bones, muscles, and joints. These small movements are proven to help your body move better, feel better, and stay more balanced. It's perfect for people who can't do high-impact exercise or who want a simple way to support their health at physical therapy!

## How the Juvent Platform Can Help You:

- **Stronger Bones** – Helps fight bone loss from conditions like osteoporosis or osteopenia.
- **Less Joint Pain** – Eases stiffness and discomfort from arthritis and other joint issues.
- **Better Balance** – Improves stability and lowers the risk of falls.
- **Healthier Circulation** – Encourages better blood flow in your legs and feet.
- **Gentle Exercise Alternative** – Great if you have trouble walking or can't do traditional workouts.
- **Faster Healing** – Supports recovery after injuries or surgery.
- **Lower Back Relief** – Can help reduce pressure and improve posture.
- **Overall Wellness** – Leaves you feeling more energized, steady, and mobile.

# 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 Russell Fyzical Therapy!

I'd like to add that the procedure done on my rotator cuff was the Stryker Procedure, a relatively new treatment method. I was their first client with that and both Brett and Tony familiarized themselves with the correct and proper physical therapy techniques for maximum benefit." - Rich

## LEAVE US A REVIEW

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## THE HEALING POWER OF SLEEP

Sleep is vital for our well-being. It's not just a nightly routine but a key to feeling our best. Sleep does more than just refresh us; it helps prevent injuries, speeds up healing after injuries, and keeps our mental health in check. At FYZICAL, we recommend the following strategies to enhance your sleep:

- **Sleep Schedule:** Research studies emphasize the importance of consistently going to bed and waking up at the same time daily. Also, get exposure to natural light first thing in the morning to help regulate your circadian rhythm.
- **Bedtime Routine:** Engage in calming activities before bedtime, such as reading or practicing relaxation techniques like deep breathing.
- **Limit Screen Time:** Avoid electronic devices like smartphones and computers at least an hour before bedtime to minimize exposure to disruptive blue light.

## Prioritizing Quality Sleep for a Healthier and Happier Life

Incorporating these strategies into your nightly routine can help you wake up feeling refreshed and ready to tackle the day ahead. Remember, getting a good night's sleep is one of the best things we can do for ourselves!



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