

THE



FYZICAL[®]

Therapy & Balance Centers



DECEMBER, 2020

NEWSLETTER



SAY GOODBYE TO PAINS IN YOUR NECK WITH PHYSICAL THERAPY

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- Healthy Recipe
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- The Perfect Gift For A Loved One (Or Yourself) This Season!



WISHING YOU & YOUR FAMILIES A

HAPPY & HEALTHY HOLIDAY SEASON

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HOW WE ARE KEEPING YOU SAFE

- Social distancing
- Sanitizing equipment between each patient
- Everyone is wearing masks
- Everyone's temperature is being checked upon arrival

Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in quality of life, energy, and overall wellbeing. Fortunately physical therapy can help resolve all the pains in your neck. Contact FYZICAL today to schedule your consultation.

Why does neck pain occur? The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed. Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.

- Headaches.
- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our neck. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. **Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.**



RELIEVE YOUR NECK PAIN WITH FYZICAL

Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation.

Physical therapy can help significantly reduce your neck pain by implementing the following benefits:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.
- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help.



Contact us today to schedule an appointment. At FYZICAL, we are dedicated to providing you with the tools you need for recovery and relief!

ROASTED CHICKEN WITH LEMONS & POTATOES

INGREDIENTS

- 1 whole chicken left at room temperature for 30 minutes, giblets reserved for another use
- 2 tbsp extra-virgin olive oil
- Kosher salt & ground pepper
- 4 Meyer lemons, halved
- 2 lbs baby potatoes, halved
- 2 tbsp thyme leaves, plus sprigs for garnish



DIRECTIONS

Preheat oven to 450 degrees. Arrange chicken on a rimmed baking sheet. Rub with 1 tablespoon oil and season with salt and pepper. Tie legs with twine and transfer to middle rack. Roast, turning once, until golden brown and a thermometer inserted in thigh reads 165 degrees, about 50 minutes. Remove and let stand 15 minutes before serving. Pour pan juices into a small container and skim fat. While chicken roasts, toss lemons and potatoes with remaining oil and thyme in a medium bowl and season with salt and pepper. Arrange in a single layer on a rimmed baking sheet and transfer to lower rack. Roast, flipping occasionally, until tender and golden brown, about 40 minutes. Serve with chicken and pan juices.

<https://www.marthastewart.com/1520506/roast-chicken-meyer-lemons-and-potatoes>

EXERCISE ESSENTIALS

CERVICAL RETRACTION

Sit in a chair with good posture and your feet flat on the floor. Press your fingers into your chin until you feel a stretch in the back of your neck. Hold for 15 seconds and repeat 3 times.

Exercises copyright of
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www.simpleset.net



www.FYZICAL.com/travelers-rest

PHYSICAL THERAPY COULD BE **FREE TO YOU UNTIL THE END OF THE YEAR!**



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

If you've had any balance issues, aches & pains, sports injuries, sprains & strains or surgery then call us today (864) 834-4995 to schedule an appointment. We'll guide you to affordable treatments that will place you one step closer to pain relief.

KC'S CORNER



Happy Holidays Everybody! I know this is a busy time of the year for everyone but I still wanted to check in with my favorite people! It can really be a "pain in the neck" trying to get everything done whether it's shopping, preparing your house for guests, baking all the yummy treats, whatever it may be, I just want you to know that we're still here for you! It can be such a headache trying to remember everything you need to get done but physical therapy can help you with that too! I know it might be surprising to think that we could help you with headaches in our office but I've seen lots of patients get so much relief! There's already so much going on, don't let your neck pain hold you back this holiday season! Remember the year is almost up so that means your insurance is too! If you're not on the schedule then give us a call, it would be a great gift for me to see you before the year is over! Don't forget to look for my bone in this newsletter and remember the reason for the season everybody! - **K.C.**



THE PERFECT GIFT FOR A LOVED ONE (OR YOURSELF) THIS SEASON!



FYZICAL now has merchandise our patients can purchase and sport before, during, and after recovery!

WE ARE SELLING WATER BOTTLES AND T-SHIRTS FOR \$15.

Merchandise:

- h2go Hydra
- 24 oz (710 ml) single wall stainless steel bottle with threaded lid, flip-up spout and inner soft straw, replacement straw included

We offer T-shirt sizes ranging from S-2XL. Womens V-Necks are offered in colors light pink, cranberry or light blue. Unisex T-shirts are offered in colors red, navy, light blue, gray, peach. Check out and purchase all of our products on our website at www.fyzical.com/travelers-rest/products.

HELP KC FIND HER BONE!

Look for KC's favorite bone for a chance to be entered into a drawing for a free gift!



CALL (864) 834-4995 WITH THE EXACT LOCATION OF THE HIDDEN BONE!

Limited to the first 10 callers.