

THE



FYZICAL[®]

Therapy & Balance Centers



JANUARY, 2021

NEWSLETTER

LIVE A HAPPIER & HEALTHIER LIFE WITH PHYSICAL THERAPY

INSIDE:

- Aspire Toward A Happier & Healthier Life Today
- Healthy Recipe
- New Year, New You
- KC's Corner
- Product Spotlight

WISHING YOU & YOUR FAMILIES A

HAPPY NEW YEAR

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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

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially for those suffering from chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable. Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of health and fitness, all while reducing your pain. If you are looking for a healthier, stronger, and more active lifestyle, contact FYZICAL today!

Getting on track with physical therapy: The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints simply aren't what they used to be, and you are looking for relief? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health. A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-home exercises, patients strengthen their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Physical therapy treatments are catered toward your needs and goals!

Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound. An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.



ASPIRE TOWARD A HAPPIER & HEALTHIER LIFE TODAY

Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.) Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain. Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others unfortunately give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.

Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.



In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further – FZICAL is here to help. [Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!](#)

Sources: http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Practice/PTRoleAdvocacy.pdf
<http://www.apta.org/Media/Releases/Consumer/2013/12/5/>

BLUEBERRY MUFFIN OVERNIGHT OATS



INGREDIENTS

- 1 cup rolled oats
- 1/2 cup blueberries, mashed with a fork
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- 1 tbsp honey
- 1 tsp lemon zest
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

DIRECTIONS

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://fitfoodiefinds.com/blueberry-muffin-overnight-oats/>

EXERCISE ESSENTIALS

DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.

Exercises copyright of
SimpleSet Pro
www.simpleset.net



NEW YEAR, NEW YOU



With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let FYZICAL help you on your journey to becoming strong, healthy, and active in 2021.



KC'S CORNER

Happy New Year everybody! I hope that everyone had a happy, safe and peaceful holiday season with all of your friends and family! I know I sure had a good time relaxing a bit more and getting a few extra treats. Now that a new year has started it's time to get back on track with my exercising and eating! I know it can be hard to follow through with New Years resolutions but me and my team are here to help you start your year off right! The sooner you start, the sooner you're going to start feeling better! Whether you just had surgery, are having balance issues, pain or swelling, strains or sprains - our team is ready to help you achieve your goals and have you back to the happy and healthy lifestyle that you love! Stay safe everybody and I really hope to see you soon! - **K.C.**



PRODUCT SPOTLIGHT NEW YEAR NECESSITY



HOW DOES THE ENDOCANNABINOID SYSTEM AFFECT YOUR HEALTH?



What is CBD? Cannabidiol (CBD for short) is a naturally occurring cannabinoid derived from the cannabis plant. CBD does not contain THC which is responsible for the stoned/high feeling that the recreational drug provides. Extracted from the hemp plant, CBD is being pressed into oil and is increasingly popular to treat, and even prevent. CBD oil is **stronger and more natural than most non-steroidal anti-inflammatory drugs (NSAIDs).**

- CBD attaches itself to receptors in the endocannabinoid system throughout your body, creating relaxing effects in the body.
- The ECS is believed to help regulate sleep, mood, memory, appetite, reproduction and pain sensations. The system interacts with cannabinoids, also known as CBD
- It is especially helpful for ailments like anxiety and pain relief. It can reduce inflammation
- Reduces inflammation and improves immune function

REFER A FRIEND

WIN A WATER BOTTLE



FYZICAL
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Refer a friend to our office and you can get a free water bottle!

Limited to the first 5 people who have a friend schedule

Expires 01/30/21

