

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

**NEWSLETTER**



FEBRUARY, 2021

**WE ALL KNOW PHYSICAL THERAPY CAN RELIEVE PAIN – BUT DID YOU KNOW IT CAN ALSO HELP YOU SAVE MONEY?**

## INSIDE:

- Understand Exactly How Much You Will Have To Pay
- Healthy Recipe
- KC's Corner
- Heart Health Awareness Month

**Happy Valentine's Day!**

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers



FEBRUARY, 2021

# NEWSLETTER

## WE ALL KNOW PHYSICAL THERAPY CAN RELIEVE PAIN – BUT DID YOU KNOW IT CAN ALSO HELP YOU SAVE MONEY?



### 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

If you are in need of physical therapy treatments but you are hesitant about the cost/insurance coverage, we would like to put your mind at ease. In fact, physical therapy can actually help you save money in the long run. At FYZICAL, we want to make sure that you are paying as little as possible for the care you need. We are more than happy to discuss any insurance or payment questions you may have. Contact us today to schedule an appointment and discuss what payment will look like with your treatments. Don't hesitate on finding relief simply because of cost uncertainty – we are here to help you every step along the way.

**How can physical therapy help me?** Physical therapists are part health care professionals and part teachers. Highly trained in human anatomy and physiology, physical therapists use a variety of techniques to diagnose movement and function problems, prescribe therapy and teach a person how to continue improving and avoid injury long after they leave the office. Physical therapy is often prescribed after an injury or surgery, but it can also be an important part of the treatment plan for neurologic disorders, disabilities, cardiac conditions, pulmonary problems, and developmental disorders.

One of the best ways that physical therapy can help you save money is by helping you avoid surgery. It is no secret that surgeries are expensive. By seeking out physical therapy treatments in the beginning, you'll save

an incredible amount of money. Surgeries are pricey and physical therapy is far cheaper!

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy. These conditions were:

- Meniscal tears
- Rotator cuff tears
- Osteoarthritis
- Spinal stenosis
- Degenerative disc disease

Rather than looking at the symptoms (pain, discomfort, stiffness), physical therapists look at what is causing the symptoms. As a result, physical therapists perform the right type, frequency, and duration of therapy, based on goals beyond the superficial symptom. In the long run, physical therapy is actually more effective than surgery, since it helps improve your overall health, rather than treating just one specific aspect of discomfort.



# UNDERSTAND EXACTLY HOW MUCH YOU WILL HAVE TO PAY

Insurance terminology can be confusing. There have been several instances where our patients don't understand their benefits because they simply don't know what to ask their insurance providers. Below we've provided some definitions for some common terms that you can discuss with your insurance provider prior to scheduling an appointment:

**1. What is a copay?** A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay prior to receiving a medical service. The amount of each patient's copay is defined by their insurance company, and may vary depending on what plan you have. In some cases, copays may even be waived altogether by your insurance provider. To find out what your copay may be for physical therapy services, contact your insurance provider. We will also discuss copays with you before your first appointment.

**2. What is a deductible?** A deductible is a fixed amount of money that an insured patient must pay out of pocket, before the insurance company will pay any medical expenses. Much like a copay, your deductible amount will be dependent upon your insurance company, as not all insurance providers follow the same guidelines. Your insurance company will be able to tell you exactly how much your deductible is. We will also discuss deductibles with you at your first appointment, to outline how much you may have to pay before your insurance provider picks up the cost.

**3. What is coinsurance?** Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20



is a common coinsurance, in which the insurance company will pay 80% of a medical cost and the patient will pay the remaining 20%. Again, each insurance company will have a different coinsurance policy, so it is important to discuss this with them beforehand to figure out what percentage of costs you will have to pay. We will also discuss this with you at your first appointment to figure out how your percentage will play into the costs of our services.

**Save money and find relief today!** At FYZICAL, we are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how we can help you save money on your treatments!

Don't hesitate on treatments simply because of money uncertainty – we are here to help you every step along the way.

## WINTER CITRUS SMOOTHIE

### INGREDIENTS

- 2 1/2 cups pineapple juice
- 2 1/2 cups squeezed orange juice, plus orange sections for garnish (optional)
- 3/4 cup plain yogurt
- 1 banana, peeled and halved
- 3 tbsp honey
- 1/4 tsp ground cinnamon, plus more for garnish



### DIRECTIONS

Fill one ice-cube tray with pineapple juice and one tray with orange juice. Place both trays in the freezer for several hours until frozen or overnight. Place yogurt, banana, honey, and cinnamon in a blender and process until smooth. Transfer mixture to a bowl, and set aside. Rinse blender, fill with pineapple ice cubes and remaining pineapple juice, and process until smooth. Divide pineapple mixture among four glasses, top with reserved yogurt mixture, and place in the freezer. Process the orange-juice cubes with the remaining orange juice. Remove filled glasses from freezer and top with orange ice mixture. Garnish each glass with cinnamon and a slice of an orange, if desired. Share with your friends before it begins to melt!

[www.marthastewart.com/315212/winter-smoothie](http://www.marthastewart.com/315212/winter-smoothie)

## EXERCISE ESSENTIALS

### CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner. Repeat 20 times.



## CHALLENGE YOUR MIND FIND THE HIDDEN HEARTS



Challenge your mind! Search for the correct amount of hearts placed in this newsletter. Call 864-834-4995 with the correct amount of hearts in this newsletter and be entered into a drawing for a gift card!



## Patient Success Spotlight



**"They've saved me from so much pain and helped me get back to exercising and doing all of the other things I love!"**

"I've come to physical therapy to see both Brett and Tony on and off over the years. They've saved me from so much pain and helped me get back to exercising and doing all of the other things I love! The office staff is so friendly, I truly feel like I'm at home every time I come in the office. I wouldn't recommend anywhere else, they can do it all!" - **Christine W.**

## KC'S CORNER



Hey guys! I hope everyone is off to a great start this new year! There's no better way to kick off this year than with a healthy start! We'd love to see you back at the clinic if we haven't in a while. Whether you've had surgery, need muscle strengthening, had strains or sprains, balance issues, whatever it is we're here for you! Plus physical therapy really can help you save money! We offer so many different things like dry needling, laser therapy, Juvent micro impact plate, massage, hands on therapy and so much more! We treat you like family and it's my job here in the office to make every single one of you feel loved and push you to be your best self! Call our office today to get on the schedule or if you have any questions! I love you all! - **K.C.**



## HEART HEALTH AWARENESS MONTH



### Tips For Better Heart Health.

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

**Ask us how CBD can help your heart health!**



REFER A FRIEND

# WIN A WATER BOTTLE



**FYZICAL**  
Therapy & Balance Centers

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 02/28/21

