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Therapy & Balance Centers



APRIL, 2021

NEWSLETTER

WALKING AWAY FROM YOUR NAGGING BACK PAIN

INSIDE:

- Fixing Your Stride
- Neuropathy
- KC's Corner
- Juvent Micro Impact Platform



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WALKING AWAY FROM YOUR NAGGING BACK PAIN

Does going for a walk sound like a big pain in the back? For those who struggle with chronic back pain, even the basic task of going for a walk can be overwhelming and painful. Back pain can strike at any time. Whether in the upper back, surrounding the neck and shoulders, or in the lower back at the lumbar or sciatica, back pain is something that no one likes to deal with for too long.

Relying on pain medications to help you overcome back pain will leave you disappointed. While pain medications are frequently helpful at alleviating the discomfort of your back pain for a short period of time, they are not capable of resolving the issue that is causing your pain to develop in the first place. The only thing that can actually fix your back pain is addressing the issue that is causing your pain head on. Physical therapy is a great resource for addressing your back pain and can be a helpful tool in getting you back on your feet. So, whether it is following a sudden injury or a chronic issue that has developed over time, physical therapy could be the answer to helping you enjoy life free of back pain. And the secret to success is learning to approach recovery one step at a time.

Walking your Way Pain Free. Walking is a great form of exercise, but more than that, it is a necessity of life. When you can't walk, even basic tasks become complicated. Getting out of bed in the morning, getting to and from work, moving your way around the office, and even spending time with family on the weekends all rely heavily on your ability to walk. When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it.

Conveniently, walking is more than a goal when it comes to back pain, it could be part of the solution. Working with a physical therapist to develop improved strategies and techniques with your walking could help you to get back on your feet even sooner than you thought possible. What's more, for those who are able to walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.



WHY FORMTHOTICS CUSTOM MEDICAL ORTHOTICS?

Formthotics are comfortable, reliable, can be fit in one visit and cost about 25% of anything you would order online. In our clinic, you can have them custom fitted to your foot and come back if you need any adjustments at anytime. Formthotics continue to form to your foot as our bodies are ever-changing, we need footwear that is too!

Custom orthotics can help:

- Reduce foot and posture related pain
- Relieve back, hip, knee and foot pain
- Provide better alignment
- Reduce risk of falls
- Distributes weight evenly improving balance
- Proper arch and heel support



FIXING YOUR STRIDE



When you are experiencing regular back pain—especially if you are experiencing back pain while walking—you should consider ways that you can reduce back pain by taking small steps to support your back. There are several things that you can do at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day. Here are several ways that you can start taking care of your back with each step you take:

1. Make sure that you are wearing the right types of shoes. While the golden rule for walking is to wear sneakers, not all sneakers are created equally. You need to wear a sneaker that is going to provide you with the arch support that meets your individual needs. This may mean upgrading from your minimal support sneaker to something more athletically designed.

2. Try a custom insert in your shoe. Of course, you can't wear sneakers all the time. When you are at the office, professional footwear matters. You may find it helpful to have custom orthotics made for your work shoes so that you can have more arch support around the clock.

3. Work on improving your posture. If you are slouching when you walk, then that may be impacting the way that your back feels. Take a few minutes in the morning and again in the afternoon to stretch your back, and then make a point of keeping your shoulders square and your back straight as you walk. Simply standing tall may alleviate some of your back pain.



Another way that walking can help alleviate back pain is by encouraging weight loss. Being overweight puts added pressure on your back, and this can contribute to increased back pain. **Working with a physical therapist to improve your walking technique can help you to overcome back pain one step at a time.**

WORD SEARCH

P O L L E N C S X R E N
W G B F N F O U G S A J
T T U E R U S N B B M Z
H S E R F R F S Z U T Q
B S I A E U N H O D Q T
U K E W S M Z I W X Z K
E B O E P P H N U V M R
Z H U M B Q R E R N B R
S U D Q X D N I R G L V
F L O W E R S A N A O Z
O U V M W I I U I G O R
P T W Y Z N H H C V M X

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SPRING

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Patient Success Spotlight



"Thanks Brett for helping to relieve my pain!"

"Excellent PT. Very methodical in approach to maximize results. Thanks Brett for helping to relieve my pain with the use of dry needling and laser therapy. Thanks Hanna, PT Assistant for helping me with exercises to increase my strength." - **Susan C.**

NEUROPATHY

What is neuropathy?

- Neuropathy is a common complication of a number of different medical conditions. It can involve the autonomic nerves, the motor nerves, and the sensory nerves.
- Physical trauma, repetitive injury, infection, metabolic problems, diabetes and exposure to toxins and some drugs are all possible causes.

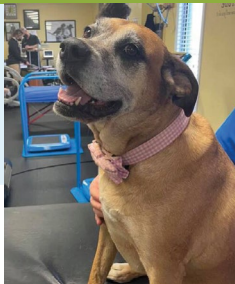
Possible Symptoms:

- Tingling ("pins and needles") or numbness, especially in the hands and feet.
- Balance issues and difficulty walking
- Severe sharp, burning, throbbing, stabbing or electric-like pain, especially at night.
- Inability to feel pain, pressure, temperature or touch.
- Extreme sensitivity to touch.
- Falling and loss of coordination.
- Muscle twitching (cramps or spasms)
- Inability to move a part of the body. Loss of muscle control and muscle tone
- Low blood pressure or abnormal heart rate, which causes dizziness when standing up, fainting or lightheadedness.

KC'S CORNER



Hi friends! It is finally time to spring forward, put that pep back in your step, breathe in the fresh air and stop to smell the blooming flowers! I love this time of year, it's perfect time to go on a lot of walks. I seem to like it more than my humans but what they need to understand is that walking is so good for their overall health! If you're having trouble even getting up to walk, I'm here to help you get back on your feet every step of the way. If you've been putting off therapy then there is no better time to start than right NOW! Whether you need to build back your muscles, improve your balance, increase your endurance or relieve pain, I know me and my team of therapists can help you! - **K.C.**



JUVENT MICRO IMPACT PLATFORM



How it works:

- First 12 seconds of impulses (stimulates stem cells and trigger muscle fibers) goes through the body which the computer registers for energy exerted specifically to you. Stem cells are important for rebuilding musculoskeletal system and increase nerve pathways and bloody supply. Inactivity decreases stimulation in cells and fibers. In as little as 5 minutes of treatment starts to increase bone density, 10 minutes starts to improve soft tissue. This is included in your physical therapy treatment, **ALL YOU HAVE TO DO IS STAND FOR 10 MINUTES!**

Benefits:

- Treatment for neuropathy
- Strengthens and increases muscle mass
- Stimulates blood and lymphatic flow, creating better circulation
- Reduces pain and inflammation
- Lymphatic drainage
- Improve balances, reduces risk of falls and improves coordination
- Restores bone density
- Promotes better range of motion joint health and more energy
- Faster recovery