

THE



FYZICAL[®]

Therapy & Balance Centers



MAY, 2021

NEWSLETTER

KICK YOUR KNEE & HIP PAINS TO THE CURB!



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NEWSLETTER

KICK YOUR KNEE & HIP PAINS TO THE CURB!

Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. If you are suffering from knee or hip pain, contact FYZICAL today for relief!

Correcting your knee and hip pains with PT treatments:

At FYZICAL, our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective treatment methods for knee and hip injuries. This has been demonstrated through several research-based studies, including a 2014 study published by the Journal of American Medical Association.

The study, titled "Effect of a Home-Based Exercise Program on Functional Recovery Following Rehabilitation After Hip Fracture," focuses on the benefits of exercise programs for those recovering from hip fractures. In this study, patients were split into two groups. The intervention group received "functionally oriented exercises (such as standing from a chair, climbing a step) taught by a physical therapist and performed independently by the participants in their homes for 6 months," while the other group simply received education on cardiovascular nutrition and recovery.



Results from this study concluded that those participating in the in-home physical therapy exercise programs demonstrated "modest improvement in physical function at 6 months after randomization."

Restoring normal motion is a key aspect to alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team can help you walk, run, and play better. With our motion analysis, strength testing, coordination testing, and more, we can spot your muscles and joints that are in need of treatment. Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.



www.FYZICAL.com/travelers-rest

ARE YOU MOVING CORRECTLY?

If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible. However, there are also some tests you can do on your own before your consultation – these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.
- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost touches your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.
- Standing near a counter top, put one foot in front of the other so you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean



you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.

Contact us today: As noted, physical therapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At FYZICAL, we help provide treatment for patients through movement and physical manipulation. If you are suffering from knee and/or hip pain, don't hesitate to contact FYZICAL to schedule an appointment. **We'll help you kick your knee and hip pains to the curb, so you can live a happy, active, and pain-free life!**



CONTACT US TODAY AT (864) 834-4995!

Brett's Gardening Tips

Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening. These tips can help prevent injuries:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.



Patient Success Spotlight



"My progress is notable to me and visible to the staff!"

"Having balance/stability issues, I went to Brett's center for treatment. A comprehensive and personal plan was created for me, and was carried out by his professional and most genial staff in a very supportive atmosphere. My progress is notable to me and visible to the staff. I highly recommend FYZICAL for physical therapy needs." - **George T.**

SUDOKU

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<http://1sudoku.com>

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BENEFITS OF LASER THERAPY



The laser therapy uses the process of photobiomodulation to bring relief. As the laser goes into the tissue, light-sensitive proteins inside of cells absorb the light particles. This event causes several chemical reactions that increase blood supply to the tissue and energy production inside the cells. The extra blood supply brings enzymes and nutrients that help reduce pain. The increased energy production increases protein synthesis, which helps the tissue repair itself over time. The treatment usually takes between 4 and 10 minutes. Immediately after the treatment, patients generally have decreased pain and increased range of motion that can last for several hours. The effects last longer and longer with repeated treatments until eventually there is no more pain in the area and the tissue is completely repaired.

This drug-free, surgery-free, pain-free modality quickly relieves pain associated with:

- Neck Pain
- Neuropathy
- Headaches
- TMJ
- Back Pain
- Arthritis
- Bursitis
- Disc Injuries
- Shoulder Pain
- Plantar Fasciitis
- Carpal Tunnel
- Sports Injuries
- Soft Tissue Damage
- And More...

If you are one of the 76.2 million Americans who suffers from pain, give FYZICAL a call today to schedule your deep laser therapy treatment.

FREE LASER TRIAL

Are you in pain? Have you sustained an injury? **Give your physical therapist a call for a FREE LASER TRIAL today!**

(864) 834-4995

KC'S CORNER



Hi Friends! I hope you have had the best year so far! If I haven't seen you yet this year then I miss you very much and would love for you to stop by anytime! If you have unknown pain, want to work on balance, work on strengthening, get rid of inflammation, have custom orthotics made, stand on our micro impact plate, dry needling and laser therapy



to help you achieve your ultimate goal of getting back to doing everything you love! A lot of people don't understand how these different products and techniques can help with physical therapy, most primary care doctors have a basic understanding but not an understanding like my dad (Brett) or Tony! Our office is always open to answer any questions you may have so please give us a call, we would love to help you in any way we can! - **K.C.**