

HEALTH & WELLNESS



# NEWSLETTER

DECEMBER, 2021



## SHAKE AWAY YOUR HEADACHES AND BALANCE ISSUES

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# FYZICAL®

Therapy & Balance Centers

# HEALTH & WELLNESS NEWSLETTER

[www.fyzical.com/travelers-rest](http://www.fyzical.com/travelers-rest)

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# SHAKE AWAY YOUR HEADACHES AND BALANCE ISSUES

Headaches are pretty common. Most of us will have a handful of them a year on average. There are many triggers for headaches, including physical and emotional stress.

Several aspects of a person's life can be affected by their headaches, including their ability to remain balanced. This can increase a person's risk of falling and sustaining injuries.

Thankfully, safe treatment is available for those dealing with this kind of condition: physical therapy. Physical therapy can ease your headache symptoms and improve your balance by finding and treating the underlying cause.

You deserve a safe and sustainable way to manage your condition; contact FYZICAL Travelers Rest today to learn more about how physical therapy can help.

## How are headaches and balance related?

If you've ever experienced a headache that causes you to feel as if the ground beneath you is moving, it could have been related to your

vestibular system.

Medical News Today explains that "the vestibular system of the inner ear and brain controls balance and how people understand the space they are in. When this is affected, someone may experience feelings of vertigo, unsteadiness, or dizziness, which can be triggered by movement."

Vestibular migraines are headaches that affect the ability to remain balanced and upright. These kinds of headaches can affect vision and hearing abilities as well. There are a few commonly experienced symptoms accompanying these kinds of headaches, including:

- Neck pain
- Difficulty turning the head
- Ringing in the ears
- Loss of vision
- Trouble staying upright
- Vertigo



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# HOW CAN PHYSICAL THERAPY HELP YOU?

*(Continued from outside)*

Physical therapy treatment plans are designed to help you live a happier, healthier life. When you visit a FYZICAL Travelers Rest physical therapist, they can determine the underlying cause of your headaches and create a customized plan of action to help combat the effects your headaches have on your balance.

In the case of headaches associated with balance problems, your therapist will also try to help you figure out just what triggers your headaches in the first place. Stress, certain kinds of foods and beverages, sleeping problems, hormonal changes, and bright lights are all possible triggers that may be determined during treatment.

Physical therapy treatment for headache pain and balance improvement will most likely include specific exercises that will help stabilize your gaze and help your eyes to track movement to improve balance and hand-eye coordination.

## Find relief today!

Don't let your chronic headaches and neck pain dictate your life! You can live comfortably once again and get back to your normal life with the help of our dedicated and highly experienced physical therapists at FYZICAL Travelers Rest. Myofascial release can help you reclaim your life once again!

## KC'S CORNER



### Happy Holidays Friends!

I hope you all are enjoying some good times with family and friends! We know it's a busy time of year for all of you but we hope you can still make time for us before the New Year starts! We are here to help you all year round but want to help you get a kick start on a happy and healthy next year! There are so many things that my people in the office can help you with like our deep tissue laser therapy, dry-needling, balance therapy, reduce pain & inflammation, one-on-one therapy sessions and of course as much time with me as you want! Let's all end this year strong together!

## PRODUCT SPOTLIGHT URBAN POLLING



Urban Poling (aka Nordic walking) is adding poles to your walk using a technique similar to cross country skiing with your upper body while walking in urban setting such as sidewalks and parks. They are uniquely designed and modified to be used extensively for use in both the fitness and rehabilitation industries.

**Weight Management** - Research shows that urban poling burns 20 to 46 percent more calories than standard walking.

**Pain Relief** - The poles let you offload weight from your hips and knees and into your upper body. Your knees and hips will thank you!

**Balance** - A constant two point of contact (one foot and one pole) decrease your chances of falling.

**Core Strengthening** - Your abdominal muscles tighten each time you push off with your poles. (For example, urban poling 1,000 steps is the equivalent of 1,000 abdominal crunches.)

**Full-Body Workout** - Unlike standard walking, which uses just the lower body muscles, urban poling engages 90 percent of your muscles.

**Improves Posture!** Your arms and back muscles strengthen with each arm swing and pole plant. Your upper back muscles (the ones that pull your shoulder blades together) tighten each time you plant a pole and press on the handle.

**It helps balance your blood sugar** - The full-body urban poling workout helps keep blood sugars in a healthy range. You can adjust the intensity - Urban poling is an energizing activity that can be enjoyed by people of any age and athletic ability. Just press on the ergonomic handles with more or less intensity to modify your pace.

*Call the office with any questions or come in and try them yourself!*



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1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our review page)
3. Tell us how we did!



## EASY SLOW COOKER CHILI

### INGREDIENTS

- 1 1/2 pounds lean ground beef
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16-ounce) cans red kidney beans, rinsed and drained
- 2 (14-1/2-ounce) cans diced tomatoes
- 2 to 3 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin

### DIRECTIONS

Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Place mixture in 5-quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours. If you want to thicken this saucy chili, stir in finely crushed saltine crackers until the desired thickness is achieved.



## PATIENT SUCCESS STORY

“ This is the place to go if you are in need of physical therapy. They treat many different types of pain and other conditions. They are very professional and caring. I have had Brett, Tony and Hannah, and they are all very good. If you want that individual attention, then call for an appointment. You will be very pleased with the results!

- CAROLYN L ”

## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



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 2022.

Have you undergone surgery recently? **Call us today at (864) 834-4995** to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

## REFER A FRIEND GET A FREE PHYSICAL T-SHIRT

We're so thankful for all of you, We hope you feel the same about us too! Tell your friends and family to come our way, There's no better time to start than today!

\*If you refer someone to us before the end of the year, please let us know so we can give you a FREE T-Shirt!\*