

THE



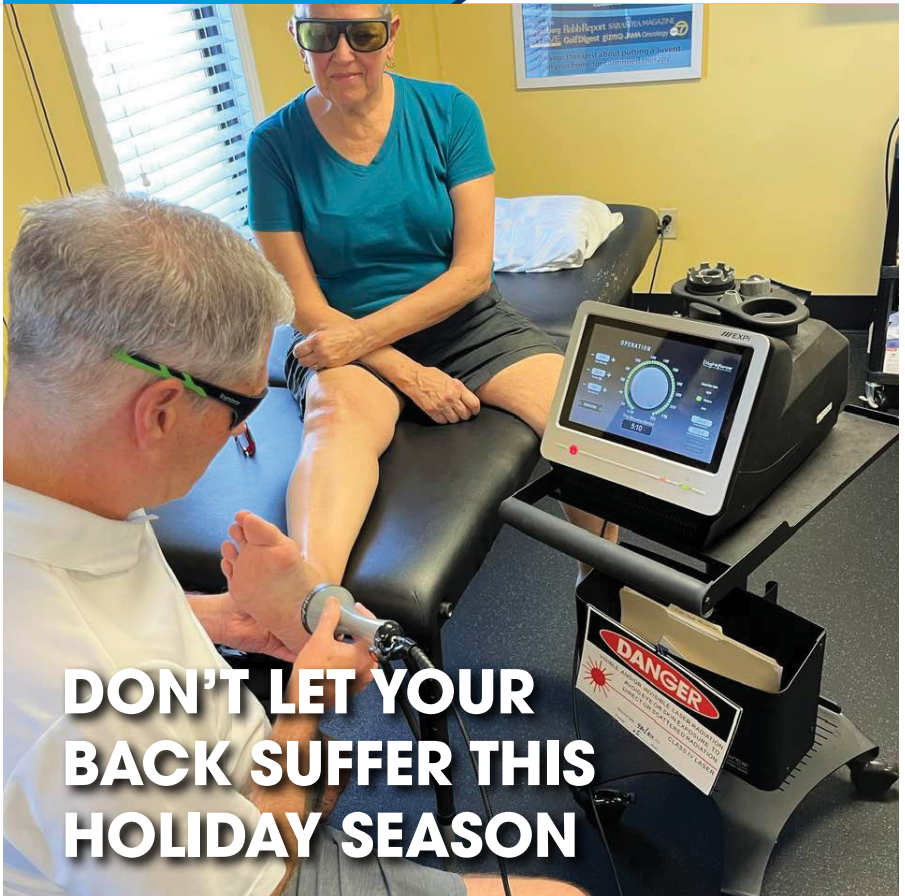
**FYZICAL**<sup>®</sup>

Therapy & Balance Centers



NOVEMBER 2022

# NEWSLETTER



## DON'T LET YOUR BACK SUFFER THIS HOLIDAY SEASON

### INSIDE:

- Non-Opioid Pain Relief with Deep Tissue Laser Therapy
- Healthy Recipe: Pumpkin Soup
- At-Home Exercise to Improve Range of Motion in Your Back

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# NEWSLETTER



## DON'T LET YOUR BACK SUFFER THIS HOLIDAY SEASON

The holidays are upon us! Family events, gift-giving, and great food are all in store for us. But guess what else might be too?

Back pain!

As we prep for our holiday season, it's essential to understand ways to prevent back injuries from occurring. FYZICAL Traveler's Rest has put together some tips for taking care of your health during this busy time of year!

### *Tips for Avoiding Back Pain*

With all the decorating and heavy lifting that the holiday season brings, it's easy to pull a muscle in your back. You might not even notice until days after the injury occurred!

Here are three tips for avoiding back pain this season.

#### **1. Warm-up and stretch first!**

Don't just jump out of bed and begin setting out fake reindeer and decking the halls! Stretch your body out a little bit. Aim to at least be up and moving for about 45 minutes before starting bending or lifting heavy decoration boxes down from the attic!

#### **2. Lift with your knees, not your back.**

You knew this one was coming! Always lift with your knees and not your back. Tighten your stomach muscles as you lift an object or lower it to the floor. Avoid twisting your trunk to prevent back injuries.

*continues inside*



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

# Avoiding Holiday Back Pain

continued

## 3. Safety First

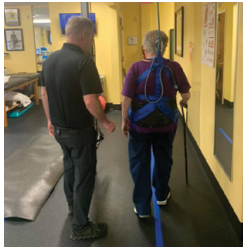
You can take simple steps to ensure you are safe while hanging lights or putting up the tree. Take breaks every 30-60 minutes to make sure you aren't over-extending the muscles in your back as you bend, lift, and reach for items.

### Call Our Clinic Today

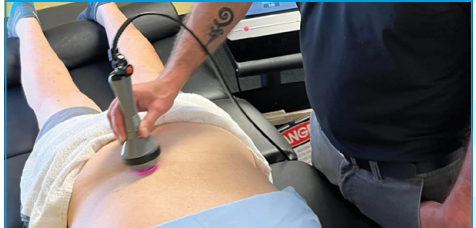
You deserve to enjoy your holidays without back pain. If you're already suffering from a back injury or would like to learn about more ways to prevent one, we're here for you!

A physical therapist can assess your condition and symptoms, and create a customized plan that will be aimed at relieving your back pain.

Call FYZICAL Traveler's Rest to schedule an appointment with a physical therapist so that you can have the best possible holiday season!



## DEEP TISSUE LASER THERAPY



Deep Tissue Laser Therapy is clinically proven to reduce pain and restore mobility. Deep Tissue Laser Therapy stimulates cellular metabolism, which speeds up the healing process. Laser Therapy is clinically proven as an effective treatment for pain and inflammation. It is able to penetrate to deep tissue structures and has the ability to treat a wide variety of both acute and chronic conditions. Research has shown unique benefits to Deep Tissue Laser Therapy, including improving localized blood circulation, reducing inflammation and/or edema, stimulates wound healing and tissue repair, stimulates nerve function, and develops collagen and muscle tissue. These benefits stimulate healing and result in faster recovery times!

### What Does Deep Tissues Lightforce Laser Therapy Help With?

- Pain and Inflammation!
- Strains and Sprains
- Post-Operative
- Sciatica
- Arthritis
- Soft tissue swelling
- Carpal Tunnel Syndrome
- Wound healing
- Fibromyalgia
- And much more!

### Alternative to Drugs and Surgery — Non-Opioid Pain Relief!

The non-invasive nature of Deep Tissue Laser Therapy provides a solution for those who are looking for alternatives to prescription drugs and surgery.

### What to Expect

Patients feel a soothing warmth as laser energy gently penetrates tissue and boosts your body's own regeneration powers to relieve your pain. Results can be immediate or could take multiple sessions depending on what you are having treated. Treatments are painless and fast, only about 5-10 minutes!

## SUDOKU CHALLENGE

Fill each row, column and square (9 spaces each) with the numbers 1-9, without repeating any numbers within the rows or columns.

3	2		4		1			
8					4			
			5	7		6	8	
1		5				7	2	
	9					8		
7	8				6			1
5	2		6		4			
		9						6
		1		2	8			5

<http://1sudoku.com>

n° 26328 - Level Medium



**Solution:** Scan the QR code at left with your phone and enter this code into the solution box: 26328

# Have You Met Your 2022 Deductible?

You May Qualify for

**FREE**

**Physical Therapy  
from the Team  
You Trust**



Have you met your 2022 deductible? If you have met your insurance deductible this year, or have money in your HSA account, it would cost you little or nothing for us to treat those aches and pains. Or, if you want to work on your core strength before we head into 2023, the FYZICAL Traveler's Rest team can help! Your insurance plan may cover it completely.

## HEALTHY RECIPE PUMPKIN SOUP



### INGREDIENTS

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

### DIRECTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercoms. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

## At-Home Exercise

### SEATED THORACIC EXTENSION WITH CHIN TUCK

Increases Back Range of Motion

Sit up straight in a chair with your back against the back rest. Place your hands behind your head and tuck your chin. Slowly extend your back over the back of the chair with the top edge of the chair just under your shoulder blades. Hold then relax.

3 SETS | 5 REPS  
5 SECONDS HOLD



Always consult your physiotherapist or physician before starting exercises you are unsure of.



## ELLIE'S EDITORIAL



Hey everyone, happy holiday season! I hope you are all happy, healthy and making fun plans with family and friends! I'm here this month to talk to you about back pain and how physical therapy can help so much! We all know the back is extremely important when it comes to our overall balance and strength, it's not something you want to let weaken over time! At our office we have lots of equipment and excellent therapists to help you with your back pain whether it be stretches, massage, exercises, dry needling, laser therapy and so much more! I don't think I've met all of you yet and I would love to do that! Don't let your back pain get in your way this holiday season, come see us today (before your insurance deductible restarts!) — Ellie



## WE NEED YOUR HELP!

The best way to help a small business in the community is by leaving a Google review!

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

