

THE



FYZICAL[®]

Therapy & Balance Centers



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NEWSLETTER

2023

HAPPY New Year

Read inside!

HOW PHYSICAL THERAPY CAN HELP YOUR **ANKLE/FOOT SPRAIN OR STRAIN**



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NEWSLETTER

HOW PHYSICAL THERAPY CAN HELP YOUR ANKLE/FOOT SPRAIN OR STRAIN

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist. At FYZICAL Travelers Rest, we are committed to helping you get the results you need to resume your life without limits! Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, FYZICAL Travelers Rest can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

What Is the Difference Between a Sprain and Strain?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping,

or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

There are three grades of sprains/strains that outline the severity of the injury.

- **Grade 1:** Mild pain, no bruising, minimal swelling and tenderness to the touch at the site of the injury
- **Grade 2:** Mild to moderate pain, some bruising, mild to moderate swelling around the injury, tenderness to touch on-site and around the injury, often painful to put weight on your injured limb
- **Grade 3:** Moderate to severe pain, significant bruising, moderate to severe swelling throughout the limb; tenderness to touch at the site and surrounding area of the injury, often severe pain or inability to put weight through the injured area, ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

How to Treat a Sprain or Strain with Physical Therapy

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a

physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities and determine the best methods for healing and avoiding re-injury.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

Call Today to Set Up an Appointment

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact FYZICAL Travelers Rest today to schedule a consultation!

8 GREAT REASONS FOR UPPER BODY EXERCISE

1. Enhance Daily Activities

The shoulder joint has a greater range of motion capability than any other joint in your body. Flexibility is important because it enables your arms to perform all kinds of activities such as pushing, pulling, reaching, and lifting.

2. Improve Core Strength and Stability

The upper body rotary motion fires core stabilizing muscles, strengthening the abdominal and back muscles.

3. Move in Both Directions

Bi-Directional resistance allows the user to exercise in both forward and reverse. It aids recruitment or reciprocal muscle groups and reduces the risk of injury from muscle imbalance. It also decreases localized fatigue, resulting in the ability to prolong the exercise.

4. Strength Train Safely

In addition to cardiovascular work, SCIFIT's Upper Body Exercisers feature a safe, simple strength program. This Iso-Strength program is perfect for anyone, who does not like, or does not have time for traditional strength training.

5. Warm Up Efficiently

Five minutes on an upper body exerciser, changing directions every 30 seconds, warms up and prepares the shoulders, elbows, wrists, chest, back and neck for exercise.



6. Cross Train

Cross training with upper body exercise increases overall efficiency, power, and endurance as well as decreased the risk of injury.

7. Stay Fit While Recovering from Injury

Upper body exercise provides a way to stay fit while recovering from a lower body injury or surgery such as ACL and total hip and knee replacements. It is also a good option for those suffering a debilitating condition or paralysis.

8. Boost Performance

From the professional athlete to the weekend warrior, adding upper body cardio conditioning to a workout routine can improve overall performance.

<https://www.scifit.com/8great-reasons-for-upper-body-exercise/>

BODITRAK

The BodiTrak, also known as pressure mapping, gives us the ability to identify our primary source for maintaining our balance. While we are supposed to be able to use our eyes, inner ear (vestibular system), and our feet interchangeably to maintain balance for all activities and situations, we usually start to rely on one of these systems more than the others. This happens especially as we develop eye issues, neuropathy, concussions, hearing loss, or even a vestibular loss. The BodiTrak will show us the issues and help us to know an exercise program designed specifically for you to recover the quickest! We can help you avoid falls, reduce pain, reduce the risk of injury or build strength to improve your balance issues. We are here for you every step of the way!

boosts#toggleFormOnEscOrEnter" data-boots-adding-class="boots-adding" data-boots-deleting-class="boost-deleting">boosts#expandForm click->chat-room#fixBoostOffset" aria-label="Add a boost" data-boots-target="label" data-chat-line-target="boostFormLabel">



www.FYZICAL.com/travelers-rest

2023 FITNESS RESOLUTIONS CHALLENGE

We want to help you get FYZICAL in 2023. Join us for the

2023 FITNESS RESOLUTIONS CHALLENGE

We will be posting photos daily on our Facebook page.

We are looking forward to helping you **GET FYZICAL** for your 2023 fitness goals!

You Can Do It!



1
20-second plank

2 burpees

3 push ups

4 moving lunges

5 jumping squats

6 triceps dips

7 calf raises

8 high knees

9 crunches

10 butt kicks

11 moving squats

12 jumping jacks

NABOSO INSOLES

Non-cushion sensory insoles designed for daily use:

Thin enough to work with all types of footwear. Use it on top of your existing insole. Designed to be worn barefoot or with thin socks. Can be worn at work, the gym or doing what you love!



Innovating Neurorehabilitation: Balance impairment is a common symptom in patients living with chronic neurological conditions such as Multiple Sclerosis, Parkinson's, post-stroke, and peripheral neuropathy. By reconnecting and stimulating your foundation (the foot) you are waking up powerful neurological pathways that bring the brain and body back in line.

- IMMEDIATE IMPROVEMENTS IN POSTURE, BALANCE AND WALKING! Enhances foot awareness to improve balance & increase movement efficiency
- Enhancing skin perfusion and peripheral nerve stimulation
- Faster recovery from injuries or surgery
- Reduced foot fatigue and pain
- Enhanced joint stability

ELLIE'S EDITORIAL



Happy Holidays Everyone! I hope you are all on the way to a Happy New Year, if not let us help you get there! The holidays are fun but can certainly bring extra stress and strain into our life that our bodies aren't ever ready to handle but have to! Let us prepare you for the holiday season with stretching and strengthening or if you've got pain then we are here to relieve that before all your activities too! We want you to enjoy your time with family and friends as best you possibly can! We love all of you, we are so grateful for you and cannot wait to bring in another year with the best patients we could ever ask for! — **Ellie**



**HAS YOUR PAIN RETURNED?
COME BACK TO PT!**

CALL US TODAY! (864) 834-4995

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