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FYZICAL[®]

Therapy & Balance Centers



MARCH 2023

NEWSLETTER



ARE YOU TAKING CARE OF YOUR HEART?

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ARE YOU TAKING CARE OF YOUR HEART?

Have you been diagnosed with high blood pressure? Do you get out of breath going up a flight of stairs? Your heart is vital to your survival. At FYZICAL Travelers Rest, our therapists understand how important it is to address underlying issues and create a plan to help prevent injury and disease.

Heart disease is the number one cause of death in the United States, accounting for one in four deaths each year. Fortunately, most forms of heart disease are preventable by making lifestyle changes, including exercising, practicing good nutritional habits, and reducing stress in your everyday life.

Our team at FYZICAL Travelers Rest can help improve your heart health by helping you learn how to eat a well-balanced diet, exercise regularly, and avoid anything that can cause damage to it. Request an appointment with one of our specialists to learn how to keep your heart healthy!

Tips for Better Heart Health

Taking action and maintaining a healthy lifestyle will assist you in making sure your heart is healthy. When your heart doesn't

get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. Plaque forming in your arteries is the cause of heart attacks and strokes. The following are some of the ways you can make sure your heart continues to perform at its best.

- **Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight, reduce your stress and improve your mood.
- **Participate in strength training:** Strength training is one of the most effective injury-prevention strategies for the body and heart. Your therapist can help you develop safe strength-training techniques.
- **Maintain mobility of the joints and muscles:** Regular stretching and mobility work keeps you active and makes you feel better. The more active you are, the healthier your heart is! Knowing the right workouts and therapies for your joint and muscle health will help you feel better and enhance your overall function.



- **Eat healthy meals:** Nutrition plays a huge role in heart health. Plant-based foods, whole grains, lean meats, and healthy fats like fatty fish and olive oil should all be in your diet. Fried foods, trans fats, processed foods, and added sugar should all be avoided.
- **Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. The less stressed out you are, the less tension and stress you place on your heart. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

What to Expect in Physical Therapy

If you're looking for a safe way to improve your heart health, physical therapy is a great option. At FYZICAL Travelers Rest, our team of experts can play a leading role in preventing, reversing, and managing heart-related conditions. Our therapists can help you improve your heart health by advising you on lifestyle adjustments that include daily exercises, nutrition, and stress reduction strategies based on your individual needs.

Our team comprises of movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We perform a thorough evaluation that includes your overall health status to create an exercise plan that ensures you're



getting as much physical activity as you can throughout the day. This will consist of treatments to address any injuries you may have and to help prevent other health issues.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up. Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future. Our goal is to incorporate activities to improve your heart health so you can enjoy your life!

Request an appointment today

Caring for your heart is just as important as caring for any other part of your body. Our team at FYZICAL Travelers Rest can help you get back into shape safely and healthily!

Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!

Sources: <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2845247/>

SAFETY OVERHEAD SYSTEM

The overhead track and harness system is designed to PREVENT patients from falling during the rehabilitation process. It is the safest and most efficient way to treat people with balance, gait, orthopedic and vestibular disorders. Instead of using 2-3 extra therapists to help support a patient, the SOS allows therapists to view total body alignment. It allows patients to be in weight bearing position safely to increase muscle strength and overall endurance.

Benefits Patients Who Suffer With:

- Vertigo
- Post-Operative
- Migraines
- Dizziness
- Parkinson's
- Fall Risk
- Multiple Sclerosis
- Joint Replacement
- Stroke



Patient Success Spotlight



**"...even in my wheelchair,
I'm able to bike!"**

"I recently started therapy here after having to do in-home health PT and OT for months. I was so nervous. At first I dreaded it because I was nervous and anxious.

Now, I'm excited when my therapy days come because the workers at Russell [Travelers Rest] actually REALLY care about their patients. They listen to you when you go in and they work with you to help you achieve YOUR goals!

They have a lot of different equipment and I'm excited that even in my wheelchair, I'm able to bike! I'm beyond grateful for this place. – April R.

At-Home Exercise



WALKING LUNGE

Use this exercise to help keep you moving

Stand up straight with your arms straight down by your sides. Step one foot out in front of you so your weight is resting on the heel of your front foot and the toes of your back foot. Bracing your abdominals, lower your body towards the floor until your back knee is just above the ground and then press back up. Keep your weight evenly distributed and make sure your knees are both approximately at 90-degree angles at

the bottom of the rep. Step your back foot up to meet your front foot and then lead the next lunge with your opposite foot. Repeat 10 reps, 3 sets.



HEALTHY RECIPE

BLUEBERRY MUFFIN OVERNIGHT OATS



- 1 cup rolled oats
- 1/2 cup blueberries, mashed with a fork
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest (+more for topping!)
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://fitfoodiefinds.com/blueberry-muffin-overnight-oats/>

ELLIE'S EDITORIAL



Happy March everyone! I know most of you already know how important it is to keep your heart healthy but did you know that physical therapy can help with this?! Our team is here to help you in every way possible with one-on-one personalized treatment plans! Physical therapy can include exercising, massage, stretching and much more to improve your overall health! We LOVE our patients so much and want you to love the life you live! Call my people today so we can help you reduce pain and increase strength! LOVE YOU ALL! — Ellie



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

**CALL US TODAY!
(864) 834-4995**

www.FYZICAL.com/travelers-rest