

THE



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Therapy & Balance Centers



DECEMBER 2023

NEWSLETTER



Unlock the Benefits of **LASER THERAPY AND DRY NEEDLING**

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BEFORE

This is what
just **ONE**
6-minute
treatment
can do for
you!



AFTER

UNLOCK THE BENEFITS OF LASER THERAPY AND DRY NEEDLING

We Offer a Safe Way to Find the Pain Relief You're Searching For!

If you are looking for a non-invasive, safe, and effective way to relieve your pain and recover from a condition, you may be an ideal candidate for cold laser therapy and dry needling.

If you have never tried either of these therapeutic modalities, it's natural to have some questions. You might be wondering – are these treatments safe? Will they hurt?

It is normal to be a bit apprehensive about a new course of treatment, especially if it is something that you don't know a lot about. However, at FYZICAL Travelers Rest, we are here to put your mind at ease by letting you know that cold laser therapy and dry needling does not hurt, and is completely safe.

In fact, these treatments have been supported by several scientific studies as a non-invasive, and effective treatment method for acute and chronic pain. They are excellent methods of treatment that have demonstrated the ability to significantly decrease pain levels and change patients' lives for the better!

If you have been searching for relief and recovery options, contact FYZICAL Travelers Rest today. We'll help you schedule a consultation so you can discuss how our laser therapy and dry needling services may benefit you! And the best part is, the first session is on us!

Laser Therapy: a Safe and Effective Treatment Option

Laser therapy is used to treat inflammation, as well as muscle weakness and pain. Even though the use of the laser in



LASER THERAPY AND DRY NEEDLING



treatment is extremely effective, it only marks the beginning of your successful therapy journey!

Because of decreased inflammation and increased comfort levels, a therapist can move the joint around with manual therapy more easily and comfortably than if the patient had not had the laser treatment first. People may be turned off by the prospect of using a laser as part of their therapy, but there is no need to be concerned.

Laser therapy uses low-power lasers that work to stimulate cells. The low-level laser therapy option can be one of the most simple things you've ever done; all you have to do is sit back and relax while your therapist's equipment does the hard work!

It can be a little scary to try a new treatment before if you don't know anything about it, or what conditions it can treat. There are a large variety of conditions that laser therapy can treat, including but not limited to:

- Sports injuries.
- Fibromyalgia.
- TMJ.
- Plantar fasciitis.
- Carpal tunnel syndrome.
- Migraines.

- Soft tissue damage.
- Back pain and sciatica.
- Neck pain.
- Shoulder pain.
- Arthritis.
- Bursitis.
- Disc injuries.

How Does Laser Therapy Work?

Laser therapy has even earned a reputation as being one of the safest, non-invasive treatment options on the market. Medical lasers are approved by the FDA and they adhere to strict ISO standards. Laser treatments are administered directly to the skin, to avoid contact with the eyes and pupils.

When conducting a laser treatment, photons will be released into the tissues surrounding the affected area to facilitate healing. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

Laser treatments are completely painless, despite some uninformed criticism. Depending on the type of laser used, many patients experience little to no sensation at all when receiving laser therapy sessions.



Healthy Recipe

ANTI-INFLAMMATORY GINGER & TURMERIC CARROT SOUP

- 1 tablespoon olive oil
- 1 leek, cleaned and sliced
- 1 cup chopped fennel bulb (1 small head)
- 3 cups chopped carrots
- 1 cup chopped butternut squash (or more carrots)
- 2 garlic cloves, minced
- 1 tablespoon grated ginger (about a 2-inch piece)
- 1 tablespoon turmeric powder
- Salt & pepper to taste
- 3 cups low-sodium vegetable broth
- 1 can lite coconut milk (14.5 ounces)

Heat the olive oil in a large dutch oven or saucepan. Add the fennel, leeks, carrots, and squash. Sauté for 3-5 minutes until the veggies start to soften. Add the garlic, ginger, turmeric, salt, and pepper, and sauté for a few more minutes. Add the broth and coconut milk. Bring the mixture to a boil, cover, and simmer for 20 minutes.

Once the soup is cooked, add it to a blender and blend until creamy. You could also use an immersion blender. Taste and adjust the seasonings to your taste.

Serve immediately with a dollop of coconut yogurt and enjoy!

<https://www.simplyquinoa.com/anti-inflammatory-ginger-turmeric-carrot-soup/>

The laser causes some patients to feel a warm sensation, which is often regarded as calming and pleasant. Laser treatments usually run between 2 and 10 minutes, and the majority of patients get improvements after just a few sessions!

What Is Dry Needling?

Dry needling is a safe and effective method of treatment performed by a licensed physical therapist that works to reduce pain and muscle tension, while simultaneously improving mobility. When performing dry needling, our physical therapist will insert a sterile acupuncture needle through the skin, into the underlying tendons, ligaments, or muscles that have been affected, in order to relieve pain and decrease muscle tension.

Dry needling has been proven to treat numerous musculoskeletal issues, including:

- Acute and chronic injuries
- Muscle strains
- Overuse injuries
- Tendinitis
- Neck pain
- Knee pain
- Headaches
- Hip pain
- Back pain
- Fibromyalgia
- Sciatica
- Tennis elbow
- Muscle spasms
- Golfer's elbow

Does Dry Needling Hurt?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly-trained physical therapists know how to make the process as painless as possible; however, some patients may still experience a “twitch response” with the insertion of the needle. This is comparable to a quick muscle cramp or ache.

The 24-48 hours following a dry needling treatment may also result in muscle soreness, which should go away on its own. Sore muscles can be treated at home by applying ice and/or heat packs and drinking plenty of fluids.

Request an Appointment Today!

Do you have a physical problem or an injury that keeps you from living the life you want? Don't hesitate to contact FYZICAL Travelers Rest to schedule a consultation if you've been suffering from acute or chronic pain!

Are you ready to unlock pain relieving modalities and get back to the life you love? Contact our office today to start your recovery journey—your first session is on us!



Scan to book!

Sources: <https://totalperformancept.com/physical-therapy-treatments/laser-therapy/>



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.

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<http://1sudoku.com>

n° 225044 - Level Medium



Solution: Scan the QR code at left or go to www.1sudoku.com and enter code 225044 into the solution box.

ELLIE'S EDITORIAL



Happy holidays everyone! I hope you've all had the merriest, most festive and happy times with loved ones! As this year comes to an end we wanted to thank all of our patients for trusting us to handle your care and for all the love you all give me! We hope if there is something we can do for you in this new year, we are always here for you! I wanted to especially point out what laser therapy can do, this thing is magic, I promise you! With much love — Ellie



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