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JANUARY 2024

NEWSLETTER



How Physical Therapy Can **HELP YOU GET HEALTHIER**

- ALSO** • Ellie's Editorial
- INSIDE:** • How We Use IVOG Goggles to Identify Balance Issues

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Happy
New
Year

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HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

Are you hoping to get healthier in 2024? From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that [their](#) 30-day program is better than the rest.

At FYZICAL Travelers Rest, we want to help you cut through the noise. Our trained experts will help identify the areas affecting your health and provide clear guidance to help you understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place — and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's

why we advocate for small, simple changes that can make a big difference.

Are you ready to start making healthy changes in your life? Call us today to set up an appointment!

What It Even Means to “Be Healthy”

The World Health Organization (WHO) defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.



Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of "healthy."

Simple Tips for Healthy Living from the FYZICAL Travelers Rest Physical Therapists

Get Enough Sleep: Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.

- **Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!
- **Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of "health food" status, research has confirmed the ideal diet: one that's varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods to your meals rather than restricting less healthy choices.
- **Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.
- **Get Guidance and Support:** Our therapists will identify the origin of your pain, weakness, or other restrictions, educate you about your condition, and help design a specific treatment plan for your individual needs. Our goal is to provide you with the knowledge and self-treatment tools to ensure your health and well-being!

Find Good Health with FYZICAL Travelers Rest!

Our team of movement and musculoskeletal experts is here to help you live a full, healthy life. To get started, call us to schedule an appointment today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6027933/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6315424/>; <https://www.who.int/about/governance/constitution>; <https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>



IVOG GOGGLES

The IVOG goggles are hooked up to the physical therapist's computer and allows the therapist to see the eyes clearly on the big screen TV! The goggles can help us see if your eyes change direction, fatigue, or stabilize in light. Since our brain tells our eyes to stabilize in the light, it is very helpful to be able to know what they will do in the dark. All of these indicate the central issue for:

- Poor balance
- Vertigo
- Fall risk
- BPPV
- Dizziness
- And so much more !

If it indicates a BPPV, it allows us to determine which of the six semicircular canals it is in and where it is located in that canal. For any vertigo or even unsteadiness in the elderly, the goggles assist the therapist to understand what is going on and how to proceed with a treatment plan specific to the patient!



Patient Success Spotlight

"I have been to FYZICAL several times for several reasons. ALL the therapists are so knowledgeable, caring, informative, encouraging, and motivating. I cannot thank them enough for helping me with my range of motion and balance."

— MARCYANNA M.

HOW TO ACCESS PHYSICAL THERAPY WITHOUT A DOCTOR'S REFERRAL

Justin struggled with severe lower back pain, hindering his daily activities and disrupting his sleep. Over-the-counter painkillers and a hot pad provided limited relief. Despite the urgency, his doctor's earliest available appointment was two weeks away. Enduring the pain, Justin finally saw the doctor, underwent tests, and discovered a herniated disc.

The doctor recommended physical therapy at FYZICAL Travelers Rest to accelerate the healing process. Justin, receiving a referral, embraced physical therapy. The sessions, featuring manual therapy and targeted exercises, alleviated his pain and strengthened his spine muscles, preventing future issues.

While the story ends positively, it highlights the potential for an earlier resolution through direct access to physical therapy, a less familiar law for many.

Direct Access in Health Care: How It Benefits You

Put simply, direct access is the ability to see a physical therapist without a doctor's referral. Every state in the country now allows you to schedule directly with a physical therapist of your choice — without getting permission from your doctor.

Let's look back at Justin's story. Because Justin went to his doctor first, he ended up waiting nearly a month before he could visit our team. By the time we saw him, his herniated disc had almost resolved itself, which meant Justin had struggled through the worst of the pain on its own. That's why we focused on helping improve his spinal health so he wouldn't suffer another one.

But what if Justin had skipped the doctor's visit entirely? Thanks to direct access, he could have scheduled his appointment with FYZICAL Travelers Rest directly — and his experience would have gone very differently:

- He would have seen his PT within a few days rather than a few weeks.
- His PT would have used his musculoskeletal expertise to identify Justin's pain as likely stemming from a herniated disc, saving Justin money on the diagnostic tests his doctor ordered.
- Justin would have begun managing his pain with exercise and other hands-on techniques rather than painkillers. He likely would have found relief faster, too.

Direct access allows patients to make their own decisions about their healthcare, saving them time and money in the process.

What About Health Insurance?

Unfortunately, our current health insurance system can add some potential wrinkles when seeking direct access. *Legally*, you can see any physical therapist you wish. However, your healthcare provider may add additional limitations: some might require a

doctor's referral, while others may limit you to specific physical therapy clinics.

However, you can circumvent these restrictions by paying for physical therapy out of pocket. While this might initially sound cost-prohibitive, that isn't always the case. Again, consider Justin's story: he wound up paying for his doctor's copay *and* diagnostic testing, two costs he would have avoided if he'd gone straight to PT.

Ultimately, every insurance plan is different, as is every person's financial situation. And there are certainly situations where paying for physical therapy with cash saves more money in the long run.

Call Us Today To Learn More

Our primary aim at FYZICAL Travelers Rest is to help you get the care you need. If you have questions about direct access or your insurance plan, our friendly staff is happy to help you determine the best course of action for your needs.

Give us a call — we're here to get you the relief you deserve!

Sources: <https://pubmed.ncbi.nlm.nih.gov/30393813/>; <https://www.apta.org/advocacy/issues/direct-access-advocacy>

ELLIE'S EDITORIAL



Happy New Year everyone! I hope you all had a wonderful holiday season with your loved ones! Let's get this new year started off in the happiest and healthiest ways possible! Have you ever heard the phrase, "if you don't use it you lose it"? Well same goes for our bodies; if we don't use the muscles they'll start to deteriorate! We are here to help all kinds of balance issues, Parkinson's, post-stroke or anyone who wants to learn some new exercises to build their strength! Call our office; we accept most insurances and would love to help you all out! Bye for now!



www.FYZICAL.com/travelers-rest