



NEWSLETTER



DAILY ACHES &

PAINS HOLDING

YOU BACK?

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FYZICAL[®]
Therapy & Balance Centers

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NEWSLETTER

LOOK NO FURTHER FOR RELIEF FROM DAILY ACHES & PAINS



 **CALL NEW ORLEANS: 504-861-4693 OR ST. BERNARD: 504-277-6052 TO SCHEDULE TODAY!**

How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness - that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

Why am I so achy? Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

(continued inside)

SIMPLE TIPS FOR ACHE RELIEF

(continued from outside)

- **Sleep!** - This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.
- **Stay hydrated** - Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.
- **Maintain a healthy diet of fruits and vegetables** - Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.
- **Exercise regularly** - Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.
- **Keep a good posture** - Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.
- **Get a physical therapy consultation** - If your aches and pains are persistent and aren't going away despite your best efforts, it may be



time to consult a physical therapist. They will help you determine the best course of action for your specific needs.

How physical therapy will help: A consultation with a physical therapist will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Your physical therapist will give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help alleviate your aches. They are dedicated to your progress and genuinely want to see you feel better - so why wait? **Say goodbye to your daily aches and pains with physical therapy today!**

Call New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 today to schedule an appointment!

EXERCISE ESSENTIALS

TRY THIS EXERCISE FOR THE LOWER BACK.

DOUBLE KNEE TO CHEST STRETCH

Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.

 Physical Pro



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

ARE YOU IN PAIN?

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OFF**

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IF YOU'RE INTERESTED IN THERAPY OR FITNESS,
VISIT WWW.FYZICAL.COM/NEW-ORLEANS OR WWW.FYZICAL.COM/ST-BERNARD-LA
CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!

FEBRUARY IS HEART HEALTH MONTH

Celebrate heart health by practicing these 8 simple health tips:

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease).
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Think beyond the scale.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
- 7. Ditch the cigarettes, real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 8. Clean up.** That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



HAPPY VALENTINE'S DAY!

The FYZICAL New Orleans & St. Bernard team wishes everyone a Happy Valentine's Day!



PATIENT SUCCESS SPOTLIGHT!



Best PT I've been to!

"Everyone is wonderful. I feel much better than when I started. Exercises were well explained and progressed at a good pace, so I was more likely to do the home exercises. Very good energy from all the staff. Before therapy, I had a lot of difficulties doing a lot of daily activities. Things are much easier now. Best PT I've been to. Thanks to everyone! You Rock! Before - couldn't stand longer than an hour, now I can stand longer. I couldn't lift much weight, now I can lift more weight easier. I couldn't walk more than a mile, now I can walk about 2 miles. I'm a nanny and now it's easier to pick up the 20lb monster and get up and down off the floor easier as well."
- **Alison V.**



Are you in pain? Have you sustained an injury? **Give your physical therapist a call today!**

NEW ORLEANS CLINIC
504-861-4693

ST. BERNARD CLINIC
504-277-6052

www.fyzical.com/new-orleans
www.fyzical.com/st-bernard-la

SLOW-COOKED ROPA VIEJA

INGREDIENTS

- 1 beef flank steak (2 pounds)
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 cups beef broth
- 1/2 cup dry vermouth
- 1/2 cup dry red wine/additional beef broth
- 1 can (6 oz) tomato paste
- 1 large onion, thinly sliced
- 1 large carrot, sliced
- 1 small sweet red pepper, thinly sliced
- 1 Cubanelle or mild banana pepper, thinly sliced
- 3 sprigs fresh oregano
- Hot cooked rice



DIRECTIONS

Cut steak into 6 pieces; sprinkle with salt and pepper. Heat a large skillet over medium-high heat; brown meat in batches. Transfer meat to a 5- or 6-qt. slow cooker. Add broth, vermouth, wine and tomato paste to pan. Cook 2-3 minutes, stirring to loosen browned bits from pan. Pour over meat. Top with onion, carrot, red pepper, Cubanelle pepper and oregano. Cook, covered, on low until meat is tender, 8-10 hours. Remove oregano sprigs; discard. Remove meat; shred with 2 forks. Return to slow cooker; heat through. Serve with rice and, if desired, additional oregano, lime wedges and green olives.