

THE



FYZICAL[®]

Therapy & Balance Centers



June 2024

NEWSLETTER



Don't Ignore Your **LOWER BACK PAIN!**

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DON'T IGNORE YOUR LOWER BACK PAIN!



Are you someone who pushes through those mysterious aches and pains that crop up occasionally? Do you just assume your lower back pain will get better on its own? While this can work out, it's not a guarantee. If you're struggling with back pain, make an appointment with FYZICAL and seek the treatment you deserve.

Lower back pain is one of the most common musculoskeletal ailments globally, with an estimated 80% of people experiencing it at some point. But just because it's a common experience doesn't mean it can't cause complications: around 23% of the world's population suffers from chronic back pain, pain that lingers for longer than three months. The good news is that physical therapy can resolve most cases of back pain through techniques like manual therapy and therapeutic exercise — no surgery or dangerous pain medications required. Even better, our therapists can often help you improve your back strength and mobility so your back functions better than before your injury.

But to get to that point, you have to take the first step and make an appointment with the physical therapists at FYZICAL. Need a little extra push? Keep reading to learn why you shouldn't ignore lower back pain.

Three Reasons to Seek Treatment for Lower Back Pain

1. It could get worse. People develop lower back pain for all kinds of reasons. If you suffered a sudden injury, your pain might indeed

resolve on its own. But sudden injuries aren't the only cause of back pain. Many people will develop back pain due to prolonged sitting, which can contribute to a weakening of the core muscles that stabilize the spine — and puts undue strain on your lower back. Your pain will never fully resolve until you work to strengthen those muscles and address those postural issues.

2. It could indicate a serious underlying condition. Not all back pain results from an injury or poor posture. Certain medical conditions, such as spinal fractures, osteoarthritis, and ankylosing spondylitis, can all cause back pain. If left untreated, your symptoms will get worse, and they might bring friends, such as restricted mobility or additional complications. Our team of physical therapists can help you determine the exact cause of back pain and suggest appropriate treatment methods. If you have developed a chronic condition, we can help you manage your symptoms and work with you to delay the disease's progression.

3. You deserve a pain-free life. Back pain may be common, but it can also be debilitating. Intense, persistent pain can keep you from staying active, which only worsens your symptoms and delays healing. It's a vicious cycle that keeps you from fully enjoying your life.

Rather than waiting for your pain to resolve, take a proactive approach with physical therapy. We'll give you the tools to build strength, improve your posture, and get moving — so you can experience lasting back pain relief.

HOW DOES PHYSICAL THERAPY HELP WITH BACK PAIN, ANYWAY?

FREE LASER SESSION! Refer someone you love, who becomes a patient, and get a **FREE** laser session!

When it comes to back pain, movement is definitely the best medicine. Research repeatedly shows that regular exercise can reduce back pain and keep it from occurring.

The problem is that exercise might feel like an impossibility when you're in pain. That's why physical therapy is such an excellent treatment option: we make movement the center of our treatment.

Once you've decided to not ignore your back pain, give FYZICAL a call. Here's what we'll do to help you find relief:

- **Find the cause.** Our in-depth physical assessments will help us identify precisely why you're experiencing back pain, allowing us to develop a customized treatment plan.
- **Manage pain.** We offer several drug-free techniques for managing pain so you can get moving again. Manual therapy, gentle mobilization exercises, and pain-relieving modalities can get you started.
- **Get moving.** We'll provide a tailored exercise program that suits your needs, interests, and ability levels. We can also help you strengthen your core muscles, ensuring your spine is well supported.
- **Prevent future pain.** We'll also help you avoid future incidences of back pain by instructing you on proper lifting techniques or offering ergonomic suggestions for your workspace.



Today's the Day to Stop Ignoring Your Back Pain!

Want to take action? The first step is simple: call FYZICAL to schedule an initial consultation. Then wave your back pain goodbye as you embark on a journey to long-term relief!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/> • <https://pubmed.ncbi.nlm.nih.gov/32669487/> • https://www.physio-pedia.com/Low_Back_Pain/

TROPICAL SUMMER FRUIT SMOOTHIE

Ingredients:

- 1 ½ cups frozen mango chunks
- 1 cup frozen strawberries
- 1 cup frozen sweet pineapple
- 2 cups orange juice
- 1 cup vanilla yogurt

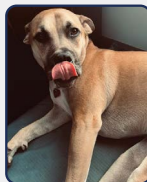


Directions: Pour the orange juice into a blender. Add fruit and blend until fully puréed. Since it's frozen, you may need to stop blending and stir up the fruit a bit. Add yogurt and blend again until completely combined. Pour into a tall glass and enjoy!

| <https://www.aberdeenskitchen.com/2015/07/tropical-summer-fruit-smoothie/>



ELLIE'S EDITORIAL



Happy ALMOST summertime everyone! As much as I love playing outside with the sunshine and the birds out, I know I also need to be careful about the heat! Remember to stay hydrated while you're out and about traveling, playing pickleball or walking your own furry friend! On top of staying hydrated, I like to make sure that I stay in good shape getting in at least one walk a day or outside time! Even if you're not injured, my people can help you with an exercise plan and just some all over strengthening! Our physical therapists are here to help you with anything, give my people a call if we can help you today!

P.S. - Since it's finally sandal season, check out our orthotic flip flops that make walking on the beach or anywhere SO much more comfortable!!

— Ellie

SERVICE SPOTLIGHT DEEP TISSUE LASER THERAPY



Deep Tissue Laser Therapy is unique in that it has very few contraindications. Laser Therapy can be used on nearly any part of the body excluding the eyes, the uterus of pregnant women, and over active cancer sites. Laser Therapy can be used as a treatment for arthritis, headaches, lower back pain, tendinitis, strains and sprains, repetitive stress injuries, temporomandibular joint disorder (TMJ/TMD), wound healing, burns, sores, post-operative pain, soft tissue swelling, soft tissue injuries, fibromyalgia, carpal tunnel syndrome, post-operative wounds, and so much more.

Research has shown unique benefits to Deep Tissue Laser Therapy, including improving localized blood circulation, reducing localized inflammation and/or edema, stimulates wound healing and tissue repair, stimulates nerve function, and develops collagen and muscle tissue. These benefits stimulate healing and result in faster recovery times.

3 BENEFITS OF SPRING CLEANING

1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors to scrubbing tile to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high-traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

PATIENT SUCCESS SPOTLIGHT



"For over fifteen years I had suffered with shoulder, neck and pain to the back of my head. This pain was continuous. There were many nights I could not sleep because of the pain. I tried Botox injections to the back of my neck that relieved my pain for a short time. But in two or three weeks the pain returned. My doctor recommended physical therapy. After the second visit with Brett my pain was completely gone and now for the last five years. I visit Brett once or twice a year when I feel my neck begin to stiffen. My neck, head and shoulders are totally pain free. Thank you Brett and staff, for the miracle you have performed. You have truly been an answer to my prayers." — **Jimmy S.**

REVIEW US

The best way to help a small business in the community is by leaving a review! Scan the QR code to review up now!



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REQUEST AN APPOINTMENT

INSTRUCTIONS

1. Open your smartphone to the camera app
2. Center the desired QR code in the frame (this will take you directly to schedule an appointment)
3. Find a time that works for you!



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CALL 864.668.698 TODAY!