

JOIN US ^{FOR} A ^A FREE

Lower Back Pain & Sciatica Workshop:
Tuesday, June 26, 7-8 p.m., 72 Pine Street, Bristol

Learn How to Naturally Heal Back Pain and Sciatica **FOR GOOD.**

- ▶ Do you suffer with back pain or leg pain when you stand or walk?
- ▶ Do you have pain when you sit for long periods or while driving?
- ▶ Do you experience pain, numbness or tingling into your butt, groin or down your leg?
- ▶ Does your back ever "go out" if you move the wrong way?
- ▶ Are you afraid your pain will get worse if you don't do anything about it?

If you have answered YES to any of the above questions (or have a stubborn spouse who is in denial) – the Lower Back & Sciatica Workshop may be *THE* life changing event for you...

I had back pain for 3 weeks, I came to the workshop for treatment. It was hands-on treatment with exercises. I was educated as to why I have back pain, what I need to do to control it, and how to manage it in the future. Great staff, great experience!

Andy S., April 2018

Back pain and sciatica can completely ruin your life...I've seen it many times.

- ✓ It can take your focus away on enjoying your life...like spending time with your children or grandchildren...
- ✓ It can mess up your work or force you to do a job you don't want to do...
- ✓ It can ruin your travel plans...
- ✓ And it can take away your ability to live life...having to rely on others...or to wait for you to sit down for a minute.

And less movement and enjoyment of life can lead to depression, increased stress and a sedentary lifestyle which leads to even bigger health problems... and life problems.

Here at the Sciatica and Lower Back Specialists at FYZICAL Therapy Spine Sports and Balance center, we've helped hundreds of people who have suffered needlessly with lower back pain and sciatica...it's our specialty. If you're confused about what to do and looking for answers, here's some of what you'll learn:

- ✓ The Single Biggest #1 Mistake back pain and sciatica sufferers make which actually stops them from healing...
- ✓ The 3 Most Common Causes of Lower

Back Pain and Sciatica...

- ✓ A Sure-Fire Way to Pick the Right Treatment for the Cause of Your Pain (and save you a ton of time and money)
- ✓ How a problem in your back can cause pain, numbness or tingling in your leg...

What successful treatment and permanent relief looks like without the side effects of medications, injections or surgery.

How Do I Register for the Lower Back Pain and Sciatica Workshop?

Call our office in Bristol to register: 860-585-5800

When you register, we will mail you the Lower Back Pain and Sciatica Worksheet to bring with you to the event. We only have 30 seats available for the event. If you would like to attend, be sure to register now – **we have very limited availability!** Call 860-585-5800.

As a Special Bonus...the first 10 people to call and register for the event will receive a **\$10 Coupon** to our retail store. We are a Certified McKenzie Spine Care Clinic. All 30 attendees for the Sciatica and Lower Back Pain Workshop will receive a special report: "The Top 10 Burning Questions for Sciatica". Looking forward to seeing you there!

Craig W. Zettergren, PT, Dip. MDT Back and Sciatica Pain Specialist



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Hiking for Health... Good for the Long Haul



Connecticut is the ultimate outdoor playground. Use it to establish a tailored health and wellness hiking program for you and your family. Cardiovascular and musculoskeletal fitness, neurological, mental and social health, plus much more, can be yours in this elegant, refreshing effort. Try a hike each week as part of your basic health and wellness routine.

Top three hikes, for different fitness levels, are:

GENTLE: A visit to **Sleeping Giant State Park** in Hamden offers many trails. One of the beginner trails is the tower loop which is 1.5 miles to the rock tower. It offers beautiful views of the city of New Haven and Long Island Sound. The park is located at 200 Mount Carmel Avenue in Hamden, CT 06518. You can gain access at the main parking area. The east parking area is around the back of the mountain, take Chestnut Lane to the top, this is off of Mount Carmel Avenue, and you will see parking and the big trail map. The green to the yellow trail is a moderate hike and takes about an hour for experienced hikers and 90 minutes for beginners. There is a fee to park during the summer months at the main entrance, but not at the east parking area. A large trail map is available, take a picture of the map if paper maps are not available. Park is open from 8 a.m. to sunset.

MODERATE: The **Mattabesett and Mount Higby Trail** is located in Middlefield on Route 66. You can park at the edge of Route 66 or park behind the Guida Shop. This trail is eight miles, out and back and has light traffic on it. The trail overlooks Route 91. At the top of Mount Higby you will find the remains of a plane crash from more than 50 years ago. It is at the very end of the mountain about 800 feet inland from the ledge. This trail is not for young children as the ledge is close to the trail. This hike can take up to three hours for experienced hikers and four or more hours for beginners. But you can turn around at any time!

STRENUOUS: A top hike in the United States, **Appalachian Trail/Bear Mountain**, with 2,316 feet to the top, is located in Salisbury, CT. This hike is 6.7 miles long and takes four hours. Parking is at the Undermountain Trail parking lot, at the junction of Routes 23 and 41, (take 41 south for 9.3 miles). Parking is on the right and marked by a small blue blaze.

The first two hikes are 20-30 minutes away from Wallingford and the Appalachian Trail is about an hour and 45 mins away. Hike with a partner or find a group, such as Appalachian Mountain Club. Call us to help you create a tailored hiking-for-health program and to prevent and rehab any nagging injuries.

Remember when hiking, always bring plenty of water, a whistle and a buddy. Never hike alone.

Direct Access to Physical Therapy

Do you have some lingering aches and pains that you just can't seem to get rid of? Come see your favorite physical therapist **FIRST!** Physical therapists are now considered a practitioner of choice. Direct access to care has made this possible. In Connecticut, physical therapists have been accessible as a primary source of care without a referral from your doctor since 2006.

Due to the changes that have occurred through the educational foundation of physical therapy, graduates now receive a doctorate of physical therapy degree upon completion of their program. Entry into and practice of the profession are stringently regulated on a state to state basis. Physical therapists are taught through formal education and clinical training to evaluate a patient's condition, assess his or her physical therapy needs, and if appropriate, safely and effectively treat the patient. We are trained to identify red flags for serious pathology and refer out to other health care

professionals prior to treating patients when necessary. Recent studies have found that direct access to physical therapists has saved approximately \$1200 per patient episode of care.

Back pain is the second most common symptom-related visit to a physician and the number one reason for visiting an outpatient physical therapist. Research has shown that patients who receive early intervention of physical therapy after an episode of acute back pain have demonstrated a decreased usage of subsequent medical services.

A common misconception that any people believe is that they need to see a doctor or have imaging of the back performed before they can be seen for care, however, that is completely false. Here at FYZICAL Therapy & Balance Centers we work with the McKenzie method of therapy for spine care. Research has shown that with a McKenzie assessment, treatment, and analysis of outcomes from intervention; they were able to predict

the same results found with imaging through an MRI or CT Scan. If we can help get you back on your feet while saving you money and hassle why not schedule an appointment?

Thanks to the passage of the Affordable Care Act physical therapy has been deemed an essential benefit which is available to everyone. Many changes have occurred to make insurance available to more individuals by expanding Medicaid and no longer discriminating against pre-existing conditions. If you have insurance, which we are now all required to have, why not take it upon yourself to start feeling better and get back to your life!

If you have an injury and would like to seek care, please give us a call. If you have an existing referral for physical therapy, you have the choice to go where you would like regardless of what your script says. Take your health into your hands! FYZICAL Therapy & Balance Centers offers same day appointments.

Zucchini Enchiladas

Ingredients:

2 tablespoons extra-virgin olive oil
1 medium onion, chopped
1 poblano pepper, seeded and chopped
1/4 teaspoon salt
12 ounces cooked chicken breast, shredded (about 3 cups)
1 cup shredded Mexican-blend cheese, divided
1 (15 ounce) can enchilada sauce (1-1/2 cups), divided
3 medium zucchini (about 1 lb.), trimmed
1/3 cup sour cream
3 tablespoons reduced-fat milk
1 cup shredded romaine lettuce • 1/2 cup chopped fresh cilantro

Directions:

Preheat oven to 425°F. Heat oil in a large skillet over medium-high heat. Add onion, poblano and salt. Cook, stirring frequently, until the vegetables have softened and are beginning to brown, about 6 minutes. Reduce heat to medium if vegetables start to burn. Transfer to a large bowl. Add chicken, 1/2 cup cheese and 1/2 cup enchilada sauce. Stir to combine; set aside.

Using a vegetable peeler or mandolin slicer, slice zucchini lengthwise into thin strips (see Tip). Discard any uneven and broken pieces. You should end up with 48 slices.

Spread 1/4 cup enchilada sauce on the bottom of a 9-by-13-inch baking dish. Lay three strips of zucchini on a clean work surface, overlapping the edges by 1/4 inch or so. Place 2 generous tablespoons of the chicken filling across the middle of the zucchini strips. Gently roll the zucchini strips around the filling and place seam-side down in the prepared dish. Repeat with the remaining zucchini strips and filling. (You should have 16 enchiladas.) Top the zucchini rolls with the remaining 3/4 cup enchilada sauce and 1/2 cup cheese.

Bake until the sauce is bubbling and cheese melts, 20 to 25 minutes. Meanwhile, whisk sour cream and milk together in a small bowl. When the enchiladas have finished baking, top with lettuce and cilantro. Drizzle the sour cream mixture over the top.



– STAFF SPOTLIGHT –

My journey with this company began back in 2007 when I came on board as a physical therapy tech. I had a feeling that physical therapy was the profession I wanted to head into for college and starting here really gave me a bird's eye view of how much impact the profession can have.

Since then, I have graduated college and graduate school to become a Doctor of Physical Therapy and as of a few years ago I have been Clinical Director of our Bristol location. Lots of changes along the way and many exciting changes to come!

Throughout my time at FYZICAL (formerly PTC) I have to say that being able to interact with the people of our community has been so much fun. The biggest reason why we do what we do is to help get people back to their daily lives. Over the past several years seeing repeat customers come back through our door is the best compliment we can receive! Outside of work you can most likely expect to see me with my husband and my dog staying active and keeping busy! I'd have to say that one item off my bucket list would be making it back to Australia for a nice, long vacation... sometime before retirement!



**Dr. Jennifer Brester,
DPT, Cert. MDT**

BALANCE: Don't Be Another Statistic

The most common thoughts that come to mind with physical therapy are back pain, sports injuries or rehabilitation after surgery. What many people don't know is that physical therapy interventions can significantly help balance disturbances. Balance impairments are common in 75 percent of people ages 70 years and older as well as in various individuals who have suffered from neuromuscular and musculoskeletal disorders such as stroke, Parkinson's disease or multiple sclerosis.

The purpose of physical therapy in balance interventions are to strengthen the lower extremities, increase cardiovascular endurance, and train the body to stabilize itself in various conditions. Many people have difficulty with balance tasks which challenge the feedback you are receiving from your surroundings. This can be achieved by closing your eyes, utilizing foam surfaces, or placing all the weight through one leg as opposed to two. Improving balance in various conditions will increase your stability on level, firm surfaces to decrease your risk of falling.

Recently, we have installed the Solo System overhead track and



BALANCE FACTS:

- One-third of the population over 65 falls every year
- Every 13 seconds an older adult is treated in an emergency department for a fall
- In 2013, 2.5 million non-fatal falls among older adults were treated in emergency departments
- Falls are the leading cause of fatal and non-fatal injuries among older adults
- Every 20 minutes an older adult dies from a fall
- Most fractures among older adults are caused by falls

**Statistics come from the National Council on Aging and U.S. Centers for Disease Control and Prevention.*

harness system in both our locations which allows us to evaluate and treat individuals with balance disorders in a safe and controlled environment. Through the use of these new tools we can develop an effective treatment method for decreasing falls, fall risk and reduce the need for assistive device use such as walkers or canes.

Fall risk can increase with individuals who are taking various medication including blood pressure medications, sleep medications and psychotropic drugs such as antidepressants, antipsychotics and benzodiazepines. It is important for those who take multiple medications to let each of their doctors know about the current medications that are taking.

Those who have sustained a fall are likely to develop a fear of falling. It is important for those who are consistently losing their balance to seek care. A physical therapist can help create challenging but suitable exercises for each individual. We have various tools at our disposal from equipment to functional testing that can help improve your stability. Additionally, there are modifications that can be made to your home environment to decrease risk of falling. A physical therapist is trained to educate and fit individuals for assistive devices such as canes or walkers if a person requires some extra support.

At FYZICAL Therapy & Balance Centers, we realize how important it is for people to live life on their own

terms, independently and fall-free. We provide a range of programs and therapies to evaluate and treat balance disorders to prevent future falls.



SUCCESS STORY

"I have been to FYZICAL several times for my shoulder, neck, and lower back. There is a reason I keep coming back... they are the BEST at what they do! Over the years I have had the pleasure of being treated by all of the physical therapists and had great results. They all use hands-on treatment and are very knowledgeable and caring. They work with you to tailor a workout plan to best suit your needs and capabilities. I would recommend FYZICAL to anyone who needs physical therapy!"

– Mike O., May, 2018