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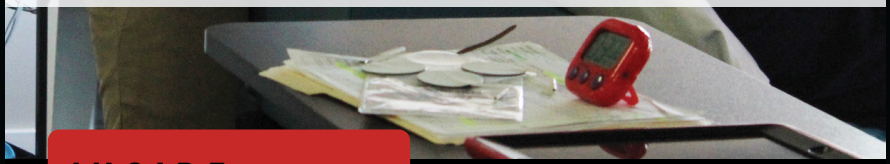
NEWSLETTER

SE HABLA ESPAÑOL



ARE YOU DEALING WITH BELL'S PALSY?

Learn More About The Benefits Of Physical Therapy For Bell's Palsy



INSIDE

WELCOME TO THE TEAM
DR. CLAUDIA DIAZ, PT/DPT

PATIENT SUCCESS STORY

SONIA'S CORNER

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SCHEDULE AN APPOINTMENT TO FIND OUT HOW PHYSICAL THERAPY CAN HELP YOU BECOME HEALTHIER, STRONGER AND MORE ACTIVE!

OPTIMUMPHYSIO
THERAPIES

NEWSLETTER



ARE YOU DEALING WITH BELL'S PALSY?

INSIDE:

- *Welcome to the Team Dr. Claudia Diaz, PT/DPT*
- *Sonia's Corner*
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Have you or a loved one recently been diagnosed with Bell's Palsy? Did you know that there are physical therapy treatments that can help you recover more quickly? Our team at Optimum Physio Therapies uses the most advanced strategies to get the result you've been looking for!

According to the National Institute of Neurological Disorders and Stroke, approximately 40,000 people in the United States are diagnosed with Bell's Palsy yearly. About two-thirds of people with Bell's Palsy recover fully within 3 to 6 months, with some experiencing residual facial weakness or abnormal sensations in the affected area.

Fortunately, our Optimum Physio Therapies physical therapists are up to date on the most advanced methods for treating Bell's Palsy. Our goal is to help you achieve a more comfortable way of life, and we'll do everything we can to ensure your experience with us is positive and successful!

Contact Optimum Physio Therapies today to learn more about the benefits of physical therapy for Bell's Palsy and schedule an appointment with one of our skilled and attentive therapists!

WHAT IS BELL'S PALSY?

Bell's Palsy is a temporary condition characterized by sudden, severe weakness or partial to complete paralysis of the muscles on one side of the face. The condition can sometimes also leave patients with a loss of sensation on that side.

The condition is caused by inflammation of the facial nerve, which controls the muscles of the face. The exact cause of this inflammation is unknown, but it is thought to be related to viral infections or other factors such as stress and genetics.

Bell's Palsy rarely causes physical pain but can emotionally affect a patient. Facial muscle paralysis can cause disfigurement and make simple tasks (smiling, chewing) extremely difficult.

Continued inside.

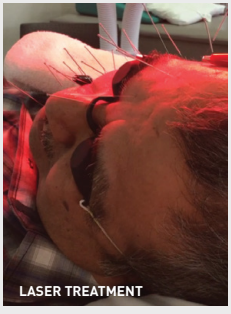
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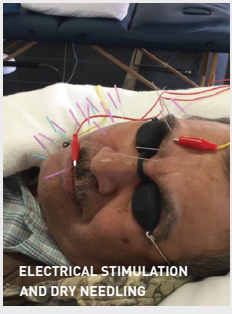
WELCOME TO THE TEAM DR. CLAUDIA DIAZ, PT/DPT

Get Moving Today with Optimum Physio Therapies!

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ARE YOU DEALING WITH BELL'S PALSY?


LASER TREATMENT


ELECTRICAL STIMULATION AND DRY NEEDLING

Some of the most common symptoms of Bell's Palsy are as follows:

- Drooping of the mouth or eyelid on one side
- Twitching or contraction of the muscles on one side of the face
- Increased sensitivity to sound in one ear
- Pain behind or in the ear on one side
- Difficulty eating, drinking or speaking due to weakness in the facial muscles
- Inability to make facial expressions, such as smiling or frowning
- Eye irritation on the affected side of the face, dry eyes, and/or inability to close eye (or eyes)

If you suspect that you're experiencing these symptoms due to Bell's Palsy, the best way to determine the presence of this condition is to visit Optimum Physio Therapies today for a comprehensive evaluation!

WORKSHOPS

Optimum Physio Therapies offers FREE workshops to help keep you informed and feeling better. Check out our Workshops page at optimumphysiotherapies.com/workshop/ or just scan the QR code for more information on upcoming workshops.

HOW OPTIMUM PHYSIO THERAPIES CAN HELP YOU RECOVER?

It's important to note that recovery is not the same for everyone; in some cases, full recovery may take months. However, with the help of our physical therapists, you can regain control over your facial muscles, and our Optimum Physio Therapies therapists can also show you how to manage daily functions with paralysis and improve your overall quality of life.

Our typical treatment protocol will include the following steps:

1. First, the patient comes in and is greeted by our movement specialist.
2. The patient is then sat down and given light-blocking glasses to block the laser light from the eye.
3. The laser is then used on the affected side of the face.
4. After the laser session, the patient begins the exercises for the face, consisting of nine specific facial exercises.
5. After the exercises, the patient then lays down, face up.
6. Our therapists will then utilize our electrical stimulation (i.e., Neubie) on the affected side of the face to stimulate the facial muscles.
7. After the Neubie is utilized, we will perform dry needling techniques (i.e., acupuncture needles to stimulate muscle activity).
8. The needling process is done by hitting key points of face muscles.
9. After the needles are appropriately placed, the electrical stimulation electrodes are placed onto the needles to stimulate the targeted areas.
10. After 15 minutes, the electrodes are removed, then the needles, and your session is concluded with a reminder of your facial exercises to perform at home.

Initiation and facilitation exercises are designed to cause facial movement. As your therapist teaches you how to position your face, these exercises help trigger facial movement and restore control of your facial muscles.

CONTACT OUR CLINIC FOR AN APPOINTMENT TODAY!

At Optimum Physio Therapies, our therapists are here to help you improve your daily function and move towards recovery from Bell's Palsy.

Call us today to schedule an assessment for you or a loved one, and rest assured that you're in good hands here at Optimum Physio Therapies!

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WELCOME TO THE TEAM DR. CLAUDIA DIAZ, PT/DPT

Dr. Claudia Diaz received her B.S. in Pre-Physical Therapy in Exercise Science from the University of Mary Hardin-Baylor in 2015 and went on to receive her Doctorate in Physical Therapy from UT Health – San Antonio in 2021.

She was born and raised on San Antonio's westside before joining the U.S. Army in 2004. She spent most of her military service working in Combat Support Hospitals and Army Medical Centers before leaving the military to pursue her degree in 2012. She was motivated to become a Physical Therapist while working at Brooke Army Medical Center, where she interacted with many service members who were there for recovery and rehabilitation.

Dr. Diaz was introduced to physical fitness by her father, who was a martial arts instructor and law enforcement officer. She fostered this interest through and after her military career by taking up long distance running. After sustaining an injury, she was introduced to competitive powerlifting by her trainer and coach. Her passion for powerlifting became a catalyst in her career, driving her to become an out-patient rehabilitation clinician so that she may empower her patients through movement and fitness.

In her spare time, you can find Dr. Diaz in the gym, on a hiking trail, trying new restaurants around SA or spending time with her husband and son.

PATIENT SUCCESS STORY!

"Dr. Matt and Hiram and everyone at Optimum Physio Therapies helped me get my smile back!

I was diagnosed with Bell's Palsy and couldn't smile or close my eye on the right side of my face. I received therapy for one month and I am very pleased that I chose Optimum Physio Therapies. I can't stop Smiling!" — Rosie Q.

We want to here your PT success story!

Scan the QR code to visit our review page and share your story. You cold be someone inspiration to get the help they need.

IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your FREE LASER THERAPY SESSION any time during your birthday month!

SONIA'S CORNER

SPINACH, BELL PEPPER & MUSHROOM FRITTATA



Courtesy of Sonia

INGREDIENTS

- 2 Tbsp. grapeseed oil
- 8 eggs
- 1/2 cup almond milk
- 2 garlic cloves, minced.
- 2 cups baby spinach, chopped
- 1 sweet onion, chopped
- 1 green or red or both bell peppers, chopped
- 5 oz. crimini mushrooms
- sea salt, to taste
- black pepper, to taste
- ketchup, for dipping (optional)

DIRECTIONS: Heat large pan with grapeseed oil and add garlic, spinach, onion, mushrooms and the chopped peppers. Cook about 4 minutes or until vegetables are tender. In a small bowl, mix eggs and milk and add to vegetable pan. Reduce heat to a simmer and cover. Cook about 8 minutes. Cut in wedges and serve.



THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? SEND THEM OUR WAY!

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