

SE HABLA ESPAÑOL

**DON'T MISS OUT  
ON OUR MONTHLY  
WEBINARS!**

*Details Inside!*

## **DID YOU KNOW BELL'S Palsy CAN BE TREATED AT PHYSICAL THERAPY?**

Do you or a loved one have difficulty moving your face from Bell's Palsy? If you are feeling confused, anxious, angry, and not knowing how to go about your diagnosis of Bell's Palsy, learning more about the condition may provide you with some direction and ease of mind.

*(Read more inside...)*

[optimumphysiotherapies.com](http://optimumphysiotherapies.com)

### **INSIDE**

**DID YOU KNOW BELL'S Palsy  
CAN BE TREATED AT PHYSICAL  
THERAPY?**

**EXERCISE ESSENTIALS**

**SONIA'S CORNER**

# DID YOU KNOW BELL'S PALSY CAN BE TREATED AT PHYSICAL THERAPY?



## INSIDE:

- *How Is Bell's Palsy Diagnosed?*
- *Exercise Essentials*

- *Sonia's Corner*
- *And More!*

Understanding this condition and the benefits of physical therapy can help patients recover from facial paralysis.

Contact Optimum Physio Therapies today to learn more about the how physical therapy can be the bridge to recover face movement, and to schedule an appointment with one of our skilled and attentive Doctors of physical therapy who specialize in face weakness. Our goal is to help you achieve and recover normal faces again, and we'll do everything we can to make sure your experience with us is a positive and successful one!

### WHAT IS BELL'S PALSY?

Bell's Palsy is a temporary facial paralysis that can cause partial or complete paralysis of your face. The condition comes on suddenly, usually leaving patients without control of the muscles on one side of their face, loss of taste, ability to produce tears on the affected side.

Bell's Palsy rarely causes physical pain but can have an emotional toll on a patient. Feeling of hopelessness, great loss, insecurities of appearance, anger and even feeling of depression come on with Bells Palsy. Facial muscle paralysis can cause disfigurement and make usually simple tasks (smiling, chewing, crying, frowning, expression or facial communication) extremely difficult.

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

- Drooping of one side of the face

- Inability to close the affected eye
- Loss of tearing
- Dry eye
- Loss of taste
- Drooling
- Difficulty eating and drinking or difficulty speaking
- Eye irritation on the affected side of the face
- Inability to make facial expressions, such as smiling or frowning
- Facial weakness and/or muscle twitches
- Dry eyes at night
- Dry mouth Headaches

Another unique symptom of Bell's Palsy is the suddenness, anxiety or anger of the condition's onset, which may happen in a matter of days. Even if you suspect that you're experiencing these symptoms as a result of Bell's Palsy, the best way to determine the presence of this condition is to visit your physical therapist.

Schedule a **FREE SCREEN** now at our office!  
Call 210-314-6725 to schedule

# HOW IS BELL'S PALSY DIAGNOSED?

For most patients with partial or complete facial paralysis, the effects of Bell's Palsy are temporary, 85% of cases often resolve within 6 months. Recovery from this condition can occur naturally. For the other 15% of cases there is still hope with physical therapist who specialize in Bell Palsy.

However, physical therapy can help patients regain control over their facial muscles. An Optimum Physio Therapies physical therapist can also show you how to manage daily functions with paralysis, and establish a daily routine to regain facial movements.

Physical therapy treatment for Bell's Palsy utilizes "initiation" and "facilitation" exercises. Initiation exercises will teach you to regain facial movement, as your therapist teaches you to do a therapeutic face workout to recover normal movement. These exercises help trigger facial movement in the early stages of Bell's Palsy.

Your physical therapist will design exercises to strengthen and control your facial muscles, stretch tightened skin and tissue from the paralysis and encourage nerve activity again.

Paired with Powerful special therapies such as Dry Needling for stimulation, Deep Tissue Laser to heat tightened tissue or reduce nerve pain.... these activities will help you regain normal movement.



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Call us today to schedule an assessment for you or a loved one, and rest assured that you're in good hands here at our clinic. Your comfort and recovery are of the utmost importance to our therapists, and we're eager to help you find normal face movement again.

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Topics Include: Back Pain, Sciatica, & More!



Scan this QR Code using the camera app on your smart phone and be taken directly to our workshops page!

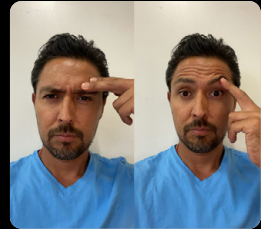


[www.optimumphysiotherapies.com/workshops](http://www.optimumphysiotherapies.com/workshops)

## EXERCISE ESSENTIALS

### ASSISTED EYE BROW RAISE "FOR BELL'S Palsy"

Perform this exercise by raising the eyebrows with your fingers to look "surprised" hold for 3 seconds, then relax. Be sure you are doing 3 sets of 10 2-3 times a day.



## 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!



WE'RE HIRING

## THE OPTIMUM PHYSIO FAMILY IS GROWING!

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



## PATIENT SUCCESS STORY!

"My experience with Optimum Physio Therapies was a very good! I'm glad I chose OPT, the people that work here are really nice and helpful! I saw a big difference in my face within the 2 weeks and so did my family! Thank you OPT!" - Optimum Physio Patient



## SONIA'S CORNER

### EGGPLANT EGG CASSEROLE

#### INGREDIENTS:

- 1 large eggplant, peeled & cut into ¼ inch round slices.
- 2 eggs (vegan option = use egg replacement)
- ¼ cup almond milk
- 1 cup buckwheat

- 1 can diced tomatoes.
- 4 tbsp. grapeseed oil
- 1 ½ cups of fresh mozzarella, shredded (vegan = can substitute veggie cheese or nutritional yeast)



Courtesy of Sonia

**INSTRUCTIONS:** Pre-heat oven to 350 degrees add grapeseed oil to large pan and put on low to medium heat. Combine eggs and almond milk in small bowl and whisk together well. Put buckwheat in separate small bowl. Dip each piece of eggplant (one at a time) first in the egg mixture and then in the buckwheat flakes and place into pan. Cook the eggplant on both sides until tender and outsides are slightly browned. Place eggplant in 9 x 12 casserole dish and cover with diced tomatoes and their juices. Cover with aluminum foil and bake 30 minutes. Remove from oven, top with fresh mozzarella, and put back into oven, uncovered, for about 10 minutes or until cheese is melted and slightly browned.