



**FYZICAL**  
Therapy & Balance Centers

HEALTH & WELLNESS

# NEWSLETTER

January, 2021

**DID YOU KNOW PHYSICAL  
THERAPY CAN HELP YOU  
SAVE MONEY?**

**Entrepreneur**  
FRANCHISE  
**500**  
2020

WE ARE RANKED #33  
ON THE ENTREPRENEUR  
FRANCHISE 500 FOR 2020



## INSIDE:

- We Can Help You Understand Exactly How Much To Pay!

- Healthy Recipe
- Exercise To Do At Home
- Patient Success Spotlight



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

# HEALTH & WELLNESS

# NEWSLETTER

January, 2021

## COME BACK INTO PHYSICAL THERAPY IT CAN SAVE YOU MONEY



Whether you have been injured or have been suffering for a long time, seeing a physical therapist at FYZICAL Therapy & Balance Centers can help you return to a more active and pain-free life. Give us a call at the location nearest to you!

If you are in need of physical therapy treatments but you are hesitant about the cost/insurance coverage, we would like to put your mind at ease. In fact, physical therapy can actually help you save money in the long run.

At FYZICAL, we want to make sure that you are paying as little as possible for the care you need. We are more than happy to discuss any insurance or payment questions you may have. Contact us today to schedule an appointment and discuss what payment will look like with your treatments. Don't hesitate on finding relief simply because of cost uncertainty – we are here to help you every step along the way.

**How can physical therapy help me?** Physical therapists are part health care professionals and part teachers. Highly trained in human anatomy and physiology, physical therapists use a variety of techniques to diagnose movement and function problems, prescribe therapy and teach a person how to continue improving and avoid injury long after they leave the office. Physical therapy is often prescribed after an injury or surgery, but it can also be an important part of the treatment plan for neurologic disorders, disabilities, cardiac conditions, pulmonary problems, and developmental disorders.

One of the best ways that physical therapy can help you save money is by helping you avoid surgery. It is no secret that surgeries are expensive. By seeking out physical therapy treatments in the beginning, you'll save an incredible amount of money. Surgeries are pricey and physical therapy is far cheaper!

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy.

- These conditions were:
- Meniscal tears
  - Rotator cuff tears
  - Osteoarthritis
  - Spinal stenosis
  - Degenerative disc disease

Physical therapists are adept at diagnosing the root problem of a person's functional problem. Rather than looking at the symptoms (pain, discomfort, stiffness), these professionals look at what is causing the symptoms. As a result, physical therapists perform the right type, frequency, and duration of therapy, based on goals beyond the superficial symptom. For instance, someone who comes to a physical therapist with pain in their knee may begin therapy with goals to strengthen the muscles in their leg, reduce their weight, and improve their posture. In the long run, this is actually more effective than surgery, since it helps improve your overall health, rather than treating just one specific aspect of discomfort.

Subscribe to receive our digital newsletters on our website today!

[www.fyzical.com/northeast-el-paso](http://www.fyzical.com/northeast-el-paso)

[www.fyzical.com/east-el-paso](http://www.fyzical.com/east-el-paso)

[www.fyzical.com/west-el-paso/](http://www.fyzical.com/west-el-paso/)

[www.fyzical.com/joe-battle-el-paso](http://www.fyzical.com/joe-battle-el-paso)

# WE CAN HELP YOU UNDERSTAND EXACTLY HOW MUCH TO PAY!

Insurance terminology can be confusing. There have been several instances where our patients don't understand their benefits because they simply don't know what to ask their insurance providers. Below we've provided some definitions for some common terms that you can discuss with your insurance provider prior to scheduling an appointment:

**1. What is a copay?** A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay prior to receiving a medical service. The amount of each patient's copay is defined by their insurance company, and may vary depending on what plan you have. In some cases, copays may even be waived altogether by your insurance provider. To find out what your copay may be for physical therapy services, contact your insurance provider. We will also discuss copays with you before your first appointment.

**2. What is a deductible?** A deductible is a fixed amount of money that an insured patient must pay out of pocket, before the insurance company will pay any medical expenses. Much like a copay, your deductible amount will be dependent upon your insurance company, as not all insurance providers follow the same guidelines. Your insurance company will be able to tell you exactly how much your deductible is. We will also discuss deductibles with you at your first appointment, to outline how much you may have to pay before your insurance provider picks up the cost.

**3. What is coinsurance?** Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a common coinsurance, in which the insurance company will pay 80% of a medical cost and the patient will pay the remaining 20%. Again, each insurance company will have a different coinsurance policy, so it is important to discuss this with them beforehand to figure out what percentage of costs you will have to pay. We will also discuss this with you at your first appointment to figure out how your percentage will play into the costs of our services.



**Save money and find relief today!** At FYZICAL, we are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how we can help you save money on your treatments! **Don't hesitate on treatments simply because of money uncertainty – we are here to help you every step along the way.**

**Call us at a location nearest to you to schedule an appointment!**



## ACAI SMOOTHIE BOWL

### INGREDIENTS

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla greek yogurt

### DIRECTIONS

Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

<https://www.dinneratthezoo.com/acai-bowl-recipe/>

- 1 tablespoon honey
- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

## PATIENT SUCCESS SPOTLIGHT

“I was a little skeptical about doing physical therapy at first. But I soon realized the importance of it and how beneficial it has been to my recovery. The staff at FYZICAL provides excellent service and really focuses on making you better. I highly recommend them!! I give FYZICAL East location a 5 out of 5.” - Joel H.

We are extremely pleased with Mr. Hernandez's outcome. He improved so much that he was able to go back to doing the activities that he enjoys the most, such as Team Roping!



REACH YOUR NEW YEAR'S GOALS  
CONTINUE YOUR PHYSICAL THERAPY JOURNEY

### PHYSICAL THERAPY CONSULT

Start off the New Year right and come in for a FREE Consult to see what you can do to improve your health for 2021!

COME BACK



**FYZICAL**  
Therapy & Balance Centers

Offer expires 01/30/21. Telehealth/Virtual consults available.

FREE

## Exercise To Do At Home

### Stretches Shoulders

#### KNEELING SHOULDER STRETCH

Kneel on the floor and rest one elbow for support. Then move through each of the following positions, holding each for 10 seconds and repeat on each side.

SimpleSet Pro  
www.simpleset.net



## CHALLENGE YOUR MIND FIND THE HIDDEN IMAGES



Start your New Year's goals by challenging your mind! Try looking for three hidden images placed in this newsletter, (including the list of resolutions you didn't keep last year haha). Circle the hidden images in the newsletter and bring it into one of our front desks to claim a PRIZE!

# MOVEMENT IS MEDICINE



Luis Zuniga  
PT, DPT, CHT, MTC

**But that's not all... check out the end for a new technology update.**

Have you run across anyone who isn't ready to leave 2020 behind? I haven't. Traditionally, this time of year we set expectations and goals to improve our lives by making changes over the next 12 months, however, if the events taught us anything it's that we might consider our overall health as one of those changes.

So, what do we do to change our overall health for the better? One size fits all solutions are rarely helpful. I'm not a fan but I'm going to offer one we can all use. Let me first apologize for the words, diet and exercise. Wait don't stop reading it's going to get better. For me to throw that out there, I must have a solution anyone can follow. Simple! If it's in a box or a bottle it's likely high in sugar and its processed. If you can drive through and get it, same story. Start here - whole foods - veggies, fruits, along with whole grains and nuts. Set some realistic patterns you can follow. Patterns are the key to a long-term success. How much? 5 servings of each, every day. Fiber from this stuff helps you get full, so you don't eat as much and it's tasty! Movement, exercise and food are the triple threat, but you absolutely will be frustrated and quit your program if you try and work off those pounds at the gym. The math doesn't work. We need a balance between all three. Most of us are completely unaware of how much we take in. We are equally unaware of how much output we expend in a workout session and that's a recipe for losing track of our strategy. Its nearly always not enough. That's why so many people fail.

**Choosing PT.** We often view Physical Therapy as a solution for bones, muscles, and joints but our training goes well beyond that. Physical therapists are experts in influencing a patient's overall health, not just their physical impairments. Movement impairments can lock you down. We must move past those while we chart our course to better health. Patients come to therapy sometimes when they finally put two and two together and realize "Hey, I can't successfully treat myself," or "Wow, this medication really does not seem to be doing its job." So often, our good health takes a back seat to a set of symptoms.

A great case to point out here, is that of a patient we treated a while back. This patient had been in the ICU for weeks due to a severe virus (not Covid, there are other viruses!). This virus dramatically affected this patient's equilibrium -- on a scale of 1 to 10, he was a 9! When we started, he had a history of vestibular problems, before his illness, as so many people do. He called it motion sickness. We initiated our balance program including all our testing. We blended balance, strength and movement using all our technology, and we got to the point where he was able to walk again without assistance. He could drive, too. But this wasn't his end goal, so we kept going. He was very focused on his overall health.

You can imagine how weak you'd become from being in a hospital bed for weeks, so we started using blood flow restriction therapy in his



arms and legs to increase his strength. In just 90 days, we'd completely reversed all of the weakness he'd experienced in the ICU and made him 20-30% stronger than he was before he'd gotten sick. His vestibular problems completely disappeared. He tests now, better than his peers for his age. Not only did physical therapy help him achieve success in terms of getting back to his previous fitness levels (before he was sick), it also helped him achieve his overall health goals.

**The best medicine you could ever have.** A key point in this occasion is that this patient was prescribed medications to combat the effects of this virus and save his life. None of them restored or improved his active life. What helped him was an exercise program specifically administered by a physical therapist who had assessed his condition and knew what needed to be done. His goal was, be better than before he was sick, lead to his laser focus on his health. Movement is the best medicine. Our team was able to take a seemingly hopeless situation, and completely turn it around. The same can be true for folks out there who were unfortunate enough to either come down with COVID-19 themselves or know someone who suffered through it. We can help. No matter the impairment or situation we have the tools to make a difference.

So, this year let's make a commitment to pay attention to our overall health. If there's one thing we have learned from 2020 is that it really matters. We know we can help all you gotta do is ask.....

**P.S:** Be sure to check back next month to learn more about the KneeKG, a new examination tool that identifies the cause of knee pain, and measures movements of the knee that aren't detectable to the human eye. This is cutting edge technology, and we're excited to be able to educate our patients on how it works!

**P.S.S:** Check out the sports illustrated person of the year. Laurent Duvernay-Tardif and NFL Superbowl champion and MD. He's a beneficiary of our new technology. You can use the same amazing tech used for elite athletes.

Best!  
- Luis, FYZICAL El Paso

## NORTHEAST OFFICE

4758 Loma Del Sur  
El Paso, TX 79934  
P: (915) 755-0738  
F: (915) 593-5187

## EAST OFFICE

8111 N. Loop  
El Paso, TX 79907  
P: (915) 593-4985  
F: (915) 593-5187

## WEST SIDE OFFICE

4646 N. Mesa  
El Paso, TX 79912  
P: (915) 313-6331  
F: (915) 533-9672

## JOE BATTLE OFFICE

2270 Joe Battle Blvd  
El Paso, TX 79938  
P: (915) 855-7780  
F: (915) 855-7781



# FYZICAL ATHLETICS PODCAST

FYZICAL Athletics is your cutting-edge, scientifically designed, Sports Performance Training Center in El Paso, Texas. Hear from coaches, trainers, athletes, and more from FYZICAL Athletics.

FYZICAL Athletics podcast is available on all platforms.  
<https://anchor.fm/fyzicalathletics>

Where to listen:



#### INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Podcast Page)
3. Enjoy the podcast!



# DRY NEEDLING



Dry needling could be the permanent solution for your pain. Trigger Point Dry Needling is a life-changing technique and many people feel relief the same day they get treated. Few therapy locations in Texas have completed the training and education to perform Dry Needling and we are PROUD to be one of them!

**Call us to ask about receiving one FREE consultation for a trial session.**

