

PREPARE YOUR BODY FOR SMOOTH HOLIDAY SHOPPING

Entrepreneur
FRANCHISE
500
— 2020 —

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



INSIDE:

- How Can Physical Therapy Help Treat Anterior Knee Pain?
- Seasonal Recipe
- Exercise To Do At Home
- Patient Success Spotlight



NEWSLETTER

December, 2020

DON'T INVITE KNEE PAIN TO THIS YEAR'S HOLIDAY DINNER



Merry Christmas from your FYZICAL El Paso team! We wish you and your family a fun and safe holiday season!

Over 50 million Americans deal with some sort of knee trouble, as the knees are the second most common injured joint. Therefore, it is essential to know what you can do to prevent knee troubles from even starting.

Anterior knee pain is a common type of knee pain that develops in the front and center of the knee. Some common symptoms of anterior knee pain include stiffness, muscle weakness, and difficulties walking, especially when climbing stairs or squatting. It is also common for the knee to “catch” or “lock” with anterior knee pain during certain activities, hindering movement.

Most all knee pain can be attributed to one of the following issues:

- Poor muscle strength.
- Imbalance of muscular strength, with some muscles feeling weaker and others feeling stronger.
- Poor muscle coordination.
- Poor biomechanics of walking and/or running.
- Lack of flexibility.

Many anterior knee pain conditions can be fixed with surgery; however, by consulting with a physical therapist early on, you can manage your symptoms and avoid the need for an invasive surgery. Current literature suggests that conservative management focused on promotion of strength and dynamic stability is just as effective, if not more so, in short- and long-term relief, as compared to surgery for anterior knee pain.

What should I do if I experience anterior knee pain?

Many people try to push through the pain that they feel. However, this can actually cause an issue to worsen and become more problematic. Sharp or dull pain in the knee should be paid attention to and not pushed through.

While exercising, it is also important to make sure you are doing adequate warming up prior to exercising as muscles and tissues require internal lubrication to work properly. Warming up brings natural fluids to the area to help with lubrication, improving elasticity and function. In addition, make sure to properly stretch after exercising to ensure that flexibility is maintained.

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HOW CAN PHYSICAL THERAPY HELP TREAT ANTERIOR KNEE PAIN?

Anterior knee pain can present itself in people who live both sedentary and active lives. It is common for patients experiencing anterior knee pain to report stiffness and fullness deep within the knee with bending motions. Common activities that lead to and exacerbate these symptoms include:

- Prolonged sitting.
- Going up and down stairs.
- Squatting.
- Prolonged walking/running.

Catching and locking of the knee can also lead to pain with rotational movements at the knee. If the knee catches and/or locks during your orthopedic testing at your initial appointment, that could be an indication that your pain may be originating from the meniscus.

Additional indications that physical therapy intervention is needed include difficulty performing certain functional tests, including difficulties with squatting, step up/down exercises, and single leg balance.

If you have been living with recurring knee pain or discomfort that has lasted for more than 3 days, it is in your best interest to see a specialist. At FYZICAL, our physical therapists are experts in joint movement and function.

Your physical therapist will conduct a thorough evaluation of your movement, walking patterns, strength, joint mobility, patella tracking, and proprioception, in order to get to the root cause of your anterior knee pain and treat it accordingly. An individualized treatment plan will be created specifically for you and your unique needs, so you can get back to living a pain-free life as quickly as possible.

Are you ready to kick your anterior knee pain to the curb? [Contact FYZICAL today to get started.](#)



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



VEGAN GINGERBREAD COOKIES

INGREDIENTS

- 1 cup white whole-wheat flour
- 1 cup all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp ground cinnamon
- 2 tsp ground ginger

- ½ tsp ground nutmeg
- ¼ tsp salt
- ½ cup coconut oil, at room temperature
- ½ cup sugar
- ½ cup molasses
- ¼ cup water
- 1 tsp vanilla extract

DIRECTIONS

Combine whole-wheat flour, all-purpose flour, baking powder, baking soda, cinnamon, ginger, nutmeg and salt in a medium bowl. Cream coconut oil and sugar together with an electric mixer in a large bowl. Add molasses, water and vanilla and beat until mixed thoroughly. Gradually add the flour mixture, beating at low speed until just combined. Divide the dough into thirds. Place one third of the dough on a 12-inch-long sheet of parchment paper and shape into a disk. Top with a second sheet of parchment. Roll out the dough between the parchment to a thickness of about 1/4 inch. Place the parchment with the rolled dough on a baking sheet. Repeat with the remaining dough, stacking each piece of parchment with rolled dough on top of the previous one. Freeze on the baking sheet 30 minutes to 1 day. Position a rack in middle of oven; preheat to 350 degrees F. Line 2 or 3 large baking sheets with parchment paper. Remove the top sheet of parchment and cut out cookies with 2 1/2- to 3-inch cookie cutters. Transfer the cookies to a prepared baking sheet with a wide, thin spatula, spacing them about 1 1/2 inches apart. Bake about 10 minutes. Let the cookies cool for 5 minutes, then transfer to a wire rack to cool. Decorate as desired.

<http://www.eatingwell.com/recipe/268542/vegan-gingerbread-cookies/>

PATIENT SUCCESS SPOTLIGHT

“I started coming to physical therapy for back and leg pain. I’ve noticed an improvement in my back. Also, I had terrible pain in my right leg. I can now move my right leg without pain. I can walk more. The physical therapist at East El Paso is still working on my back, but I have been given a home exercise program to continue working on it. I’d recommend FYZICAL to anyone in need of physical therapy!” - **Esther M.**



HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your physical therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient’s insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

Have you undergone surgery recently? **Call us at a location nearest to you to schedule an appointment with one of our physical therapists. We’ll guide you to affordable treatments that will place you one step closer to pain relief.**

Exercise To Do At Home

Stretches Legs

HAMSTRING STRETCH | WALL

Place a leg up a wall while lying on your back. Your other leg should lay straight on the floor and through a doorway or hall. Hold for 20 seconds and repeat on each leg.

SimpleSet Pro
www.simpleset.net



CHALLENGE YOUR MIND FIND THE HIDDEN IMAGES



Add some holiday spirit to your day! Try looking for three hidden images placed in this newsletter. Find the hidden holiday bow, candy cane, and Christmas tree as seen above!

CLINIC NEWS

We have a NEW therapist!

Meet Marco Suriano, PT, DPT, CSCS.

Marco grew up in El Paso, Texas, and Houston, Texas. He attended The University of Texas at El Paso, where he obtained his bachelor’s degree in Kinesiology and Doctoral degree in Physical Therapy. He has also been an NSCA Certified Strength and Conditioning Specialist since 2015, where he focused on a range of clientele from middle school aged athletes to geriatric populations. Marco’s interests include learning about business, insurance policies, investments, and spending time with his kids and wife Cassandra. His hobbies include hiking, running, exercising, and playing with his 2 dogs; Jack the Basset Hound and Toby the Beagle. Marco enjoys learning more about physical therapy in the areas of Orthopedic Rehabilitation, Athletic Performance, Manual Therapy, Biomechanics, Neurorehab, and Pain Neuroscience Education.



4 TIPS THIS HOLIDAY SEASON FOR A BETTER YOU... AND FAREWELL UNCLE MANNY



Luis Zuniga
PT, DPT, CHT, MTC

First I had to amend this letter to say goodbye to my 98-year-old uncle Manny. Quick story, he was drafted January after Pearl Harbor. He tested off the charts in math, so the army sent him to Michigan State to learn weather. After a year there he was detailed to San Angelo to teach female pilots about atmospherics. After the war he went to work for the government as a meteorologist without a degree! He went to school at night and finally in 1966 the same year we won the NCAA championship he completed his degree in Physics. A brilliant physicist and mathematician, he retired and taught in college. Uncle Manny's passing marks the end of era. He and his siblings came from modest means with a determined work ethic. They all had amazing success professionally and personally. God Bless you tio.

Christmas and the holidays are going to be very, very different from what we're all used to. Those of us who usually have specific traditions and plans with our families may find that our plans have to be drastically altered in order to accommodate for the many changes we've experienced. Even though the holidays this year are bound to be out of the ordinary, there are still a handful of things you can make sure you and your family are doing to maintain your health and safety!

Let's have a strong start to the new year...

1. Watch your eating habits. Holiday gatherings are chock full of food, food, and more food. It can be hard to limit yourself when it comes to sweets, snacks, pies, as well as second helpings of whatever our favorites are. Be sure to keep up with your daily medications if you're on any as well; it can be difficult during the hustle and bustle of the holidays to stay on schedule and remember to take them. The same goes for excess drinking; it can be easy to get carried away with alcoholic beverages during the holidays. Make sure you're consuming plenty of water to stay hydrated!

2. Get a balance screening done at FYZICAL El Paso. No one wants to be the person falling off of the eight-foot ladder during the holidays. If you're in charge of hanging up decorations and lights this year, a balance screening may be a good choice for you! This is a preventive measure that can save you a whole lot of pain and money. Bring in this note and we'll do it for free! Having your balance checked can prevent you from a possible injury, and give you peace of mind as you get into the holiday spirit. Our experienced physical therapists at FYZICAL El Paso can address any concerns you may have regarding your balance, or dizziness you're experiencing.

3. Monitor your mental health. Seasonal Affective Disorder (S.A.D.) and depression affect many individuals during the holidays. This is very real. For some, this time of year is difficult because of loneliness. Many people may associate the holidays with loss of a family member or friend, and therefore experience a change in their mental health. It's important not to isolate yourself when you're feeling this way.



Alone time is good for the soul, but if you're feeling withdrawn, sad, depressed, angry, or any other combination of emotions as the holidays get closer, it may be a sign to speak with a counselor to have your mental health assessed.

4. End the year on a good note by getting your physical health in order! This goes hand in hand with using up your insurance benefits before the end of the year. There is no better time than now to make those appointments and start treatment if you're in need of it. You want to make sure you're starting 2021 off on the best foot possible, and you can't do that if you're still suffering from 2020's chronic pain.

If you've suffered from an injury this year or are feeling pain in certain areas of your body, having an assessment done at FYZICAL El Paso could be the first step you take towards a successful new year. Our therapists will complete a thorough evaluation of your condition to determine what the underlying cause of your pain is and create a treatment plan to address the problem head on.

Call our clinic today. Contact FYZICAL El Paso to learn more about the benefits of physical therapy, and how you can take control of your health. This year has been difficult and uncertain for many of us, however, there's no better time than the present to seek help and become more active for the new year.

Best!
- Luis, FYZICAL El Paso

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TIPS TO SAVE MONEY DURING HOLIDAY SHOPPING



Make a List. Write down everyone you plan to buy a gift for, no matter how small the gift may be. Include ideas of what to give each person, along with the maximum amount you're willing to spend. Don't forget to list the people who will receive holiday tips, such as your doorman, babysitter, and mail carrier. This will help you manage your holiday budget.

Start Early. Don't wait until after Thanksgiving to start buying holiday gifts. Keep your eyes open all year round for items friends and family would like; it's often when you're not looking for something specific that you stumble across the perfect gift for Dad or your best friend Jenny. Once December hits, you'll be glad that you already have some people crossed off your list. Just make sure to keep all your advance gifts in a designated (and

hidden, if necessary) spot so that you don't forget a purchase you made months in advance.

Do It Yourself. There's an abundance of homemade pickles, hand-knit hats, and handcrafted stationary these days, thanks to a growing obsession with all things crafty, artisanal, and homespun. If you're creatively inclined, avoid mall madness altogether and bake a batch of cookies, sew personalized tote bags, or make beautiful earrings for friends and family. If you need to learn a new skill, look into classes in your neighborhood or invest in a how-to book—there's one for just about every craft out there.

<https://www.realsimple.com/holidays-entertaining/holidays/christmas/money-saving-holiday-shopping-tips>

