

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER

ORIGINALLY KNOWN AS



**Southwest Sport & Spine Center, Inc.**  
*"Powerful results to get you BACK into action."*

# CAN'T ESCAPE FROM YOUR NAGGING BACK PAIN?

SEEK RELIEF TODAY!

FREE  
VIRTUAL  
WORKSHOPS  
DETAILS INSIDE



**INSIDE:**

- Fixing Your Stride
- Healthy Recipe

- Your Health Matters to Us!
- Treatment of the Injured Worker  
Getting You Back on the Job!

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER

ORIGINALLY KNOWN AS



**Southwest Sport & Spine Center, Inc.**

"Powerful results to get you **BACK** into action."

## WALKING AWAY FROM YOUR NAGGING BACK PAIN



### GIVE TO A FRIEND!

**The best way to support local small businesses right now is to share us with your friends and family!**

**This card is good for one free consult!**



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

For more information, call or go online.

915-875-1559  
575-522-0766

[fyzical.com/northwest-el-paso](http://fyzical.com/northwest-el-paso)  
[fyzical.com/Las-Cruces](http://fyzical.com/Las-Cruces)

Does going for a walk sound like a big pain in the back? For those who struggle with chronic back pain, even the basic task of going for a walk can be overwhelming and painful. Back pain can strike at any time. Whether in the upper back, surrounding the neck and shoulders, or in the lower back at the lumbar or sciatica, back pain is something that no one likes to deal with for too long.

Relying on pain medications to help you overcome back pain will leave you disappointed. While pain medications are frequently helpful at alleviating the discomfort of your back pain for a short period of time, they are not capable of resolving the issue that is causing your pain to develop in the first place. The only thing that can actually fix your back pain is addressing the issue that is causing your pain head on. Physical therapy is a great resource for addressing your back pain and can be a helpful tool in getting you back on your feet.

So, whether it is following a sudden injury or a chronic issue that has developed over time, physical therapy could be the answer to helping you enjoy life free of back pain. And the secret to success is learning to approach recovery one step at a time.

**Walking your Way Pain Free.** Walking is a great form of exercise, but more than that, it is a necessity of life. When you can't walk, even basic

tasks become complicated. Getting out of bed in the morning, getting to and from work, moving your way around the office, and even spending time with family on the weekends all rely heavily on your ability to walk. When your back pain begins to interfere with your ability to move around freely, then you know it is time to start doing something about it.

Conveniently, walking is more than a goal when it comes to back pain, it could be part of the solution. Working with a physical therapist to develop improved strategies and techniques with your walking could help you to get back on your feet even sooner than you thought possible. What's more, for those who are able to walk, getting on your feet more often with targeted exercises could help you find relief from back pain even sooner than expected.

# FIXING YOUR STRIDE

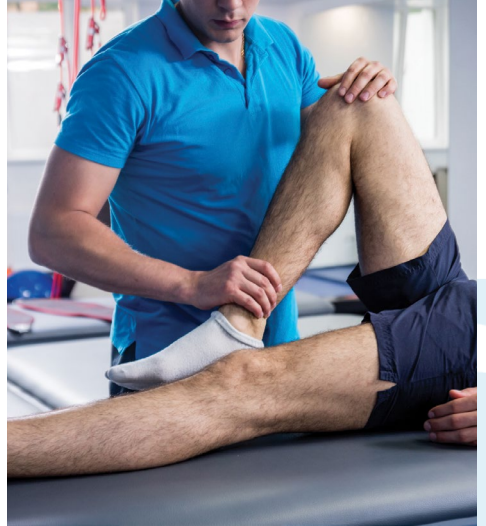
When you are experiencing regular back pain—especially if you are experiencing back pain while walking—you should consider ways that you can reduce back pain by taking small steps to support your back. There are several things that you can do at home to improve your stride, which can make a significant difference when it comes to managing back pain day-to-day.

Here are several ways that you can start taking care of your back with each step you take:

**1. Make sure that you are wearing the right types of shoes.** While the golden rule for walking is to wear sneakers, not all sneakers are created equally. You need to wear a sneaker that is going to provide you with the arch support that meets your individual needs. This may mean upgrading from your minimal support sneaker to something more athletically designed.

**2. Try a custom insert in your shoe.** Of course, you can't wear sneakers all the time. When you are at the office, professional footwear matters. You may find it helpful to have custom orthotics made for your work shoes so that you can have more arch support around the clock.

**3. Work on improving your posture.** If you are slouching when you walk, then that may be impacting the way that your back feels. Take a few minutes in the morning and again in the afternoon to stretch your back, and then make a point of keeping your shoulders square and your back straight as you walk. Simply standing tall may alleviate some of your back pain.



Another way that walking can help alleviate back pain is by encouraging weight loss. Being overweight puts added pressure on your back, and this can contribute to increased back pain. **Working with a physical therapist to improve your walking technique can help you to overcome back pain one step at a time.**

**CALL US TODAY TO SCHEDULE AN APPOINTMENT!**

## SUDOKU

6					7			1
	7	9						
		3		5	9		7	6
5	2				3			9
		6				1		
3			1				2	4
8	1		2	3		9		
						3	8	
2			8					7

<http://1sudoku.com>

n° 225044 - Level Medium

## PINK SUNRISE STRAWBERRY SMOOTHIE



### INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ – 1 small beet frozen
- 1 ripe banana

- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

### DIRECTIONS

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

# FREE VIRTUAL WORKSHOPS



**VIRTUALLY JOIN OUR BACK & ROTATOR CUFF WORKSHOPS WITH YOUR MOBILE DEVICE!**

#### INSTRUCTIONS:

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



BACK PAIN



ROTATOR CUFF

## YOUR HEALTH MATTERS TO US!

When you visit us, our team is committed to helping you feel confident that you are in good hands. As your health and wellbeing is our priority, we are:

- Screening all staff and patients at the clinic.
- Requiring that all patients and staff wear a face covering or mask.
- Asking that clients remain in their car until their appointment time.
- Requesting all visitors to use the hand sanitization station at entry.
- Our clinic's cleaning standards align with or far exceed prescribed CDC Universal precautions for healthcare facilities.
- We have adjusted how we schedule team members and clients to control volume safely.
- We are offering Telehealth services.

**Remember that Physical Therapy is considered essential!**

## TREATMENT OF THE INJURED WORKER GETTING YOU BACK ON THE JOB!



According to the Bureau of Labor Statistics, work-related injuries account for over 1.1 million missed days of work. Unplanned days off can be monetarily detrimental, especially if you have a lengthy recovery period ahead of you and physically cannot return.

Work-related injuries are scary to think about, but you can find relief quickly through physical therapy. A physical therapist will work with your place of employment to ensure that worker's compensation will cover your services. At Physical Therapy Institute of Illinois, all you'll have to think about is recovering and regaining strength so you can comfortably return to your job.

We offer specialized rehab for work injuries that will enhance healing and reduce your risk of future injury. For more information, call our office to schedule a consultation today!