

THE



FYZICAL®

Therapy & Balance Centers

NEWSLETTER

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POWERED BY



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



TIPS TO ALLEVIATE YOUR PAIN AND IMPROVE YOUR SPINE HEALTH

MALL DRIVE: 575.223.2805 | LOCUST STREET: 575.243.8097 | NW EL PASO: 915.248.1227

[FYZICAL.COM/LAS-CRUCES](https://fyzical.com/las-cruces)



TIPS TO ALLEVIATE YOUR PAIN & IMPROVE YOUR SPINE HEALTH

Are you tired of that nagging back pain that keeps you from enjoying life to the fullest? You're in luck because we are here to guide you to a healthier spine! With a few little steps and our expert guidance, you will soon be on your way to a life where back pain is a thing of the past.

Your journey to a healthier spine is a collaborative effort. At FYZICAL, we believe in working closely with you, listening to your concerns, and understanding your goals. After all, who knows your body better than you do? Together, we can work to ensure a future free of back pain.

Sometimes, the discomfort in your back may seem like a constant companion, refusing to part ways with you. Fortunately, with the right guidance and effort, you can find a way to alleviate your pain. So, let's take the first step on this promising journey together!

UNDERSTANDING THE ROOT CAUSES OF BACK PAIN

The first step to saying goodbye to back pain is understanding what causes it. It might be due to a sedentary lifestyle, an old injury, or even just daily wear and tear. No matter the reason, understanding the root causes is your key to finding the solution.

The most common causes of back pain that our physical therapists frequently treat include the following:

- **Muscle Strain or Ligament Sprain:** Repeated heavy lifting or sudden awkward movements can strain the muscles and spinal ligaments. If you're in poor physical condition, constant strain on your back can cause painful muscle spasms.
- **Bulging or Ruptured Discs:** Discs, the cushioning between your bones, can bulge or herniate and press on a nerve.
- **Degenerative Disc Disease:** As we age, the discs between the vertebrae deteriorate, which can cause pain, especially if one disc is worn down significantly.
- **Spinal Stenosis:** This condition results from the narrowing of the spinal canal, putting pressure on the nerves and causing back pain.
- **Fibromyalgia:** Fibromyalgia is a chronic pain syndrome that causes muscle stiffness and fatigue, including back pain.

Remember, it is always advised to consult with our physical therapist for personalized advice. We'll work with you to identify the exact cause of your back pain and suggest appropriate treatments to ensure you get the results you deserve!

SIMPLE YET EFFECTIVE STRATEGIES: YOUR ROAD TO A HEALTHY SPINE TAILORED TREATMENT PLAN

At the beginning of your healing journey, you'll meet with one of our physical therapists who are like detectives for your body. They'll chat with you, learn about your pain, and do a thorough physical examination to determine what's causing your back troubles. Once they've gathered all the clues, they craft a personalized treatment plan just for you! This isn't a one-size-fits-all deal; it's tailored to suit your unique needs, helping you bounce back quicker and stronger and includes the following:

- **Manual Therapy:** Your therapist uses their hands to gently massage and mobilize your back, easing those tight muscles and helping you relax.
- **Mobility Work:** Your therapist will guide you through movements that help increase the mobility of your back.
- **Targeted Stretches:** Your therapist will show you the right ways to stretch, helping you loosen up those stiff areas and feel great.
- **Strengthening Exercises:** With a series of strengthening exercises, your therapist will teach you how to build a strong, resilient back to handle the stresses of your day-to-day life.

Remember, your FYZICAL therapists are there with you at every step, cheering you on, answering your questions, and tweaking your plan to ensure you get the best results. So, are you ready to wave goodbye to back pain and usher in a life of comfort and joy? Give us a call!

READY TO WAVE GOODBYE TO BACK PAIN?

With personalized care and proven strategies, our dedicated physical therapists are here to guide you on your road to recovery.



It's time to reclaim the joy of living without the shadow of back pain looming over you.

Don't let back pain dictate your life's story. Reach out to FYZICAL to learn how physiotherapy can be the first step towards a back pain-free life!

Sources: <https://www.jospt.org/doi/10.2519/jospt.2021.0508> • <https://www.jospt.org/doi/abs/10.2519/jospt.2021.0507> • <https://pubmed.ncbi.nlm.nih.gov/32795336/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3036018/>

RECIPE OF THE MONTH: MUSHROOM WELLINGTON

INGREDIENTS:

- 2 tbsp extra virgin olive oil
- 1 medium leek cut in half and sliced
- 1 large onion chopped
- 1 large carrot chopped
- 1 rib celery chopped
- 4 cloves garlic minced
- 2 tbsp tomato paste
- 1 tsp rosemary dry or fresh chopped
- 1 tsp sage dry or fresh chopped
- ½ tsp thyme
- 1 pound mushrooms
- 2 c cooked lentils
- 1 c walnuts chopped
- 2 tbsp soy sauce
- 4 tbsp rolled oats
- 1½ tsp salt more or less to taste
- 1/8 tsp black pepper
- 10 oz puff pastry sheet, thawed

DIRECTIONS: Heat 2 tablespoons extra virgin olive oil in a large skillet. Add 1 medium leek (cut in half and sliced), 1 large onion, 1 large carrot, 1 rib celery, and 4 cloves garlic (all chopped), and cook for 5 – 10 minutes, stirring often. Add 2 tablespoons tomato paste, 1 teaspoon rosemary, 1 teaspoon sage, ½ teaspoon thyme, and cook for 2 more minutes. Meanwhile, rinse and coarsely chop 1 pound mushrooms and add them to the pan. Add 1½ cans (15 oz each) lentils (drained and rinsed), 1 cup walnuts (chopped), 4 tablespoons rolled oats, then season with 2 tablespoons soy sauce, 1½ teaspoons salt, and 1/8 teaspoon black pepper. Cook 15 minutes, stirring occasionally. Taste, adjust, and let cool down to room temperature. Preheat oven to 350°F. Line a baking tray with parchment paper. Arrange the puff pastry sheet on baking tray to create a rectangle of at least 12 x 8 inches. Make diagonal cuts on the sides of the puff pastry sheet (about 1 in wide). Arrange the mushroom filling in the center, leaving some space at the margins, and compact it with your hands or a spoon. Fold in the strips to create a cross-hatch pattern and wrap the filling. Brush with heavy cream, milk, or their non-dairy substitutes. Bake at 350°F for about 30 minutes or until golden brown. Let it cool down for 5 minutes, then cut it with a serrated knife. We recommend serving it with mushroom gravy.

• <https://theplantbasedschool.com/mushroom-wellington/>



SHOCKWAVE THERAPY: SIMPLE, SAFE, AND EFFECTIVE!

The term “shockwave therapy” might sound alarming. Its full name—extracorporeal shockwave therapy—is even scarier. However, there’s nothing to fear from shockwave therapy, which is a proven, non-invasive method for treating various musculoskeletal conditions. In fact, shockwaves are actually just high-energy sound waves similar to the ones used in ultrasound technology. “Extracorporeal” just means “outside of the body” and refers to how we administer the treatment.

At FYZICAL, we use shockwave therapy to help reduce pain, facilitate healing and blood circulation, and minimize inflammation. It can help address pain from soft tissue injuries throughout the body, including in the elbow, knee, and shoulders.

WHAT TO EXPECT DURING SHOCKWAVE THERAPY

If we determine that shockwave therapy is an appropriate treatment option for you, we'll begin by applying a gel to the affected area, similar to what happens during an ultrasound. The gel ensures the shockwaves effectively transfer to your body without losing energy.

We use a wand to deliver the shockwaves, which work by causing controlled microtrauma to your soft tissue. The body, in turn, responds to this microtrauma by sending more blood to the area, facilitating your body's natural healing process. Want to learn more? Call us to schedule an appointment today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7608508/> • [https://www.physio-pedia.com/Extracorporeal_Shockwave_Therapy_\(ESWT\)](https://www.physio-pedia.com/Extracorporeal_Shockwave_Therapy_(ESWT))

HAPPY

holidays

OUR PATIENTS ARE SEEING RESULTS

“FYZICAL Therapy Center is an excellent group of professionals. The entire staff is competent, friendly and focused on making the patient better. My pain levels are greatly reduced and my overall flexibility and quality of life have improved dramatically. Doc Wilkerson, his crew and all the office staff are wonderful. I spent most of my visits with Sarah. She was really excellent and took time to explain the therapy program.”

— B.D.



GET STARTED

Scan the QR code, then click the “request an appointment” button to get started today!

LEAVE US A REVIEW

Would you take a moment to share your experience on our Google Review page? We make it easy: scan the QR code below to leave your raving review for the office you visited.



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OUR TIMELINE OF CARE

2000



SOUTHWEST SPORT & SPINE CENTER, INC.:
Comprehensive Non-invasive Health Care

2006



OPTIMUM BODY SHOP:
Comprehensive Lifestyle Medicine

2011



BREATHING SCIENCE INSTITUTE:
Breathing Education Technology

2014



OCCUSPORT:
Occupational and Sports Medicine

2017



FYZICAL THERAPY & BALANCE CENTERS:
Fall Prevention, Orthopedic, and Vestibular Rehabilitation

2020



REAL VIEW DIAGNOSTICS:
Musculoskeletal Ultrasound and Electromyography