

THE



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Therapy & Balance Centers

NEWSLETTER

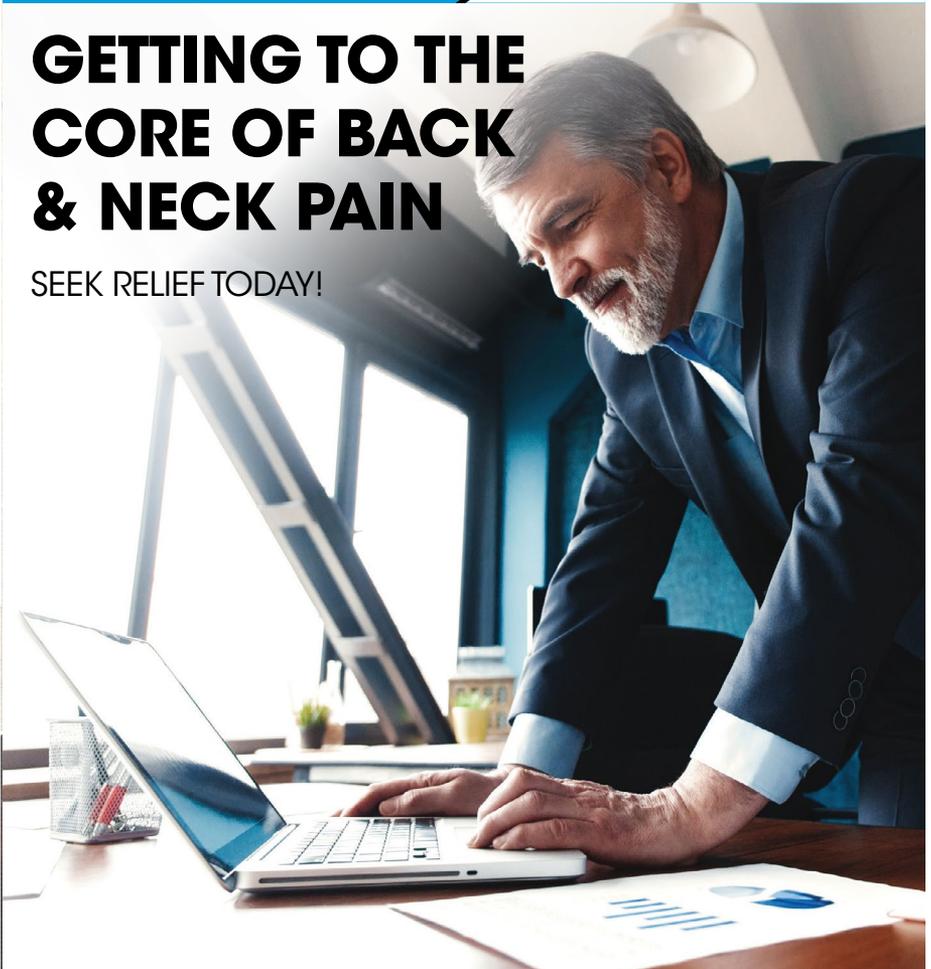
A SUBSIDIARY OF



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

GETTING TO THE CORE OF BACK & NECK PAIN

SEEK RELIEF TODAY!



INSIDE:

- March is National Athletic Training Month
- Healthy Recipe
- Your Health Matters To Us!
- How Can Diagnostic Imaging Help You?

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GETTING TO THE CORE OF BACK & NECK 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[®]
Therapy & Balance Centers

For more information, call or go online.

915-875-1559
575-522-0766

fyzical.com/northwest-el-paso
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Neck Pain 101. There are a lot of reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work or even practicing poor posture. One of the biggest problems with neck pain is that it often triggers headaches, as the pain is so closely connected to the spine and nervous system. A physical therapist can help treat neck pain by improving range of motion, using targeted massage techniques, and by improving strength as needed.

Back Pain 101. Severe back pain impacts more than half of the population, and many of those with pain in the back as a result of injury end up dealing with that pain long term. One of the biggest problems with back pain is that once it develops, it is difficult to work around it, and many people begin modifying their movements as a result, causing their back to compensate for the injury by putting pressure on other muscles that eventually just leads to more back pain. Physical therapy can address back pain by helping to improve your range of motion, strengthen the muscles in your back and surrounding areas, and by using targeted massage to reduce tension. In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

Core Strength and Back Pain. You may be surprised how frequently issues with the neck and back actually stem from issues with core

strength. Your core refers to the muscles that make up your torso, including your abdomen. These muscles are called the core because they are at the center of your body, and they are necessary in just about every action that you engage in. Everything from walking and running and swimming to sitting and driving require you to engage your core. When you improve your core, you are likely to also improve your posture and thereby reduce your risk of developing further back pain in the future.

Sometimes, when your core is weak, it can cause you to experience added pressure on areas like your neck and back. If you haven't spent much time building core strength in the past, then working with a physical therapist is a great place to start. **For more information about how to start improving your core, contact us.**

MARCH IS NATIONAL ATHLETIC TRAINING MONTH



ESSENTIAL TO HEALTH CARE



NATIONAL ATHLETIC TRAINING MONTH

JOIN THE "RUB SOME DIRT ON IT" FB GROUP!



Log onto Facebook to join our All Things Sports Facebook Group, "Rub Some Dirt On It".

Your one-stop shop for athletics and sports medicine news in Southern NM.

Pictured: David Gallegos, Zeke Palomares, Montana Bencomo and Andy Krentz

It's easy to join our Facebook Group!

Follow using this web address www.facebook.com/groups/rubsomedirtontit or scan the QR code.



CALL US TODAY TO SCHEDULE AN APPOINTMENT!

SUDOKU

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	4			2	6			
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	7			4			3	1

<http://1sudoku.com>

n° 28718 - Level Medium

SHAMROCK GREEN SMOOTHIE



INGREDIENTS

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls of spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

DIRECTIONS

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>

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.

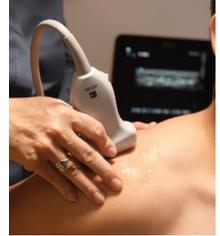
REMEMBER THAT PHYSICAL THERAPY IS CONSIDERED ESSENTIAL!

HOW CAN DIAGNOSTIC IMAGING HELP YOU?



Real View Diagnostics (RVD)

Musculoskeletal ultrasound (MSKUS) has become one of the most practical and rapid methods of producing images of the musculoskeletal system, and it can be performed readily and quickly in the clinic. Often, if too much time passes without accurate diagnosis, outcomes can be compromised and healing can be delayed. MSKUS allows your physical therapist to design the best treatment plan for you by allowing them to see directly inside the area of your pain to better identify problems such as joint swelling and arthritis, ligament and tendon tears/sprains, loose bodies, and nerve swelling and/or compression.



MSKUS also allows for imaging during movement (dynamic assessment), giving your clinician the ability to provide a better mechanical assessment of joints and tendons in real-time. No other imaging modality can evaluate tendons during movement of the joint. This allows clinicians to bridge the gap between pain at rest and pain during movement.

MSKUS enhances the clinical understanding of patient conditions and improves patient outcomes. Often times, MSKUS is considered to be equally as effective as MRI in diagnosing movement dysfunction in a more cost-effective, painless and non-invasive environment. Additionally, ultrasound is safe for all patients, including all age ranges and those with surgical hardware. Some conditions that can be assessed with MSKUS include but are not limited to:

- Rheumatoid arthritis
- Osteoarthritis
- Tennis elbow & golfer's elbow
- Bursitis
- Tendonitis/tendinosis
- Carpal tunnel syndrome
- Rotator cuff dysfunction
- Knee injuries
- Ankle sprains
- Joint swelling
- Impingement syndromes

Given the current health climate including rising healthcare costs, MSKUS is a great option to quickly identify musculoskeletal problems, allowing your physical therapist the ability to provide specific treatment options for fast recovery and return to function.

Meet our physical therapists certified in this service:



Sabrina Skelton
MPT, PT, Cert. MDT



Teresa Olivas
MPT, PT Cert. MDT