

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."

STAYING ACTIVE & BECOMING BETTER BALANCED

SEEK RELIEF TODAY!



INSIDE:

- Improve Your Physical Balance
- Your Health Matters To Us!
- Healthy Recipe
- Free Virtual Workshops

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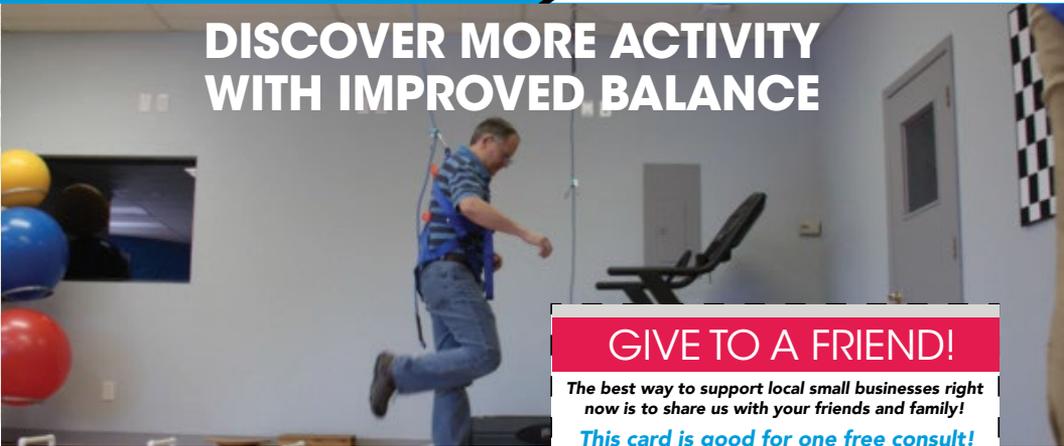
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EST. 2008

DISCOVER MORE ACTIVITY WITH IMPROVED BALANCE



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!



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Therapy & Balance Centers

For more information, call or go online.

915-875-1559
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fyzical.com/northwest-el-paso
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There are a million and one tips that are passed down generation to generation about the key to a long and successful life. Some say the secret to a long and happy life is to focus on family; others say it all comes down to finding the right career. Whatever choices you make in your life, and whatever your values are, there are several fundamental truths that are almost always accurate: To stay healthy, you must stay active, and to stay happy, you must stay balanced.

Mental and Physical Balance. Staying active and staying balanced in many ways go hand in hand. Staying active refers to the amount of activity that you engage in daily. This of course can refer to how much time you spend at the gym, but it can also refer to how many steps you take in a day, how often you find yourself running around the office, and how frequently you head out to the backyard to run around with your children or your dog. Balance in many ways works on the same principles. There are some activities that you do every day because you have to do them — work often falls into this category, as do household chores. But what about the activities that you simply love to do? What about the activities that you enjoy?

Think about the last time that you sat down with a book that you loved and made yourself a cup of tea or coffee and really enjoyed the moment. Perhaps it isn't reading that you wish you had more time for, but instead it is a garden that has grown weeds as it has been neglected. It could be a project at your home that you have looked

forward to completing or an old car that you've wanted to fix up. There are special hobbies and interests that appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Alongside with the task of becoming more mentally balanced with the things that you spend time with in your life is the challenge of becoming more physically balanced. There are certain markers that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance. Yoga is a great form of exercise to use to improve your ability to balance, as yoga helps to strengthen core muscles and improve coordination.

IMPROVE YOUR PHYSICAL BALANCE

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

In addition, taking steps to ensure that you are getting a full night of rest, that you are exercising regularly, and that you are eating a healthy diet are all strong components to ensuring you are well-balanced.

Think about the percentage of time that you spend working during the week. For most people this number is well over 40 hours per week! Then consider how much time is spent driving to and from work and around town on errands, and then consider the time spent doing things you have to do at home, like the dishes or the laundry. Then really think about how much time you are spending doing the things that make you feel better — including those hobbies that you love, but also being active and engaging with the people you care about.

Part of becoming a more balanced person means finding ways to spend your time more wisely and taking more time for yourself as needed.



It's Never Too Late. You don't need to grow up as an athlete to enjoy exercise as an adult. There is no point in your life where it is too late to start being more active than you currently are. There are plenty of ways to incorporate light activity into your lifestyle, such as:

- Taking a walk in the evening with your family
- Wearing a pedometer and trying to take more steps every day
- Joining your local community center and using the pool to swim laps several times a week
- Engaging in light weight training at home before work
- Taking a yoga class

These are just several examples of how you could incorporate more activity into your lifestyle without making many large changes to your way of life. If you feel that your physical health or an old injury is holding you back from being active, contact us. [Working with a physical therapist can help you achieve improved balance and a healthy lifestyle.](#)

CALL US AT MALL DRIVE: 575-522-0766, LOCUST: 575-521-4188, OR NORTHWESTERN: 915-875-1559 TO SCHEDULE AN APPOINTMENT!

WORD SCRAMBLE

Directions: Rearrange the letters below to reveal a physical therapy term. Write your guess on the blanks below!

lacbnae aherpty

tcevai

Once you've written in your guesses, find the answers under Discover More Activity With Improved Balance article.

MEDITERRANEAN CHICKEN SALAD

INGREDIENTS

- 1/3 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives



- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

DIRECTIONS

In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

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

HEAR FROM OUR BALANCE PROGRAM DIRECTOR BRIDGET SCHOLLJGERDES



Bridget Scholljgerdes
PT, Cert. MDT, Master
Balance Retrainer

Balance is defined as, "an even distribution of weight enabling someone or something to remain upright and steady." Your vision, your inner ear, and your sense of touch through your joints make up the complete balance system. Weakness in one or more of these systems results in imbalance, instability, gait /walking problems, and an increased risk of falls.

Our balance center has the latest technologies to help determine deficits and treat patients with individualized treatment plans. We use computerized assessment tools to determine issues with your balance systems, weight distribution, and reaction/response times.



Our overhead rail system provides the safest way to retrain your balance and vestibular system while simultaneously eliminating fall risks. This system has helped diminish the fear of falling and has allowed our patients to advance their exercises, activities, and balance.



We also treat vertigo and dizziness, which can lead to balance issues, falls, disability, and decreased quality of life. Vertigo is a sense of spinning when you are still. Dizziness is a sense of feeling lightheaded, having a sensitivity to light, motion sickness, feeling faint, blurry vision, and/or sensation of feeling off-balance. Headaches and neck pain are common with dizziness. We treat this by diagnosing and addressing deficits in the balance systems, neck, and upper back.

Our balance center is equipped with highly trained staff and the latest technologies to serve our community, improve their balance and end their dizziness.

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!