

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



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

SERVING SOUTHERN NM & WEST EL PASO FOR **22 YEARS**



INSIDE:

- Stop By To Pick Up A Cookie!
- We Make It Easy To Leave A Review!
- Thank You To Our Several Affiliate Companies
- Patient Success Spotlight

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22 YEARS OF WORLD RENOWN THERAPY IN YOUR BACKYARD

Hello everyone,

We are excited to celebrate our 22nd anniversary of serving the greater Las cruces and West El Paso communities. I want to send a big THANK YOU to all the patients and referring providers who have trusted us with their health and wellbeing over the years.

When John and I started in our small clinic on Missouri in May of 2000, our goal was to bring the highest level of competent and compassionate care to the area of outpatient orthopedic rehab. We have not strayed from that purpose over the years as we have progressed our expertise in many areas and added many caring staff who genuinely want to help people get back to enjoying their life without pain or disability. We all strive to accomplish this in a fun and upbeat rehab environment.

I would like to give a big shout out of appreciation to the great staff who have been such a big part of our success over the years:

- John Campbell, Owner, Chief Financial Officer 22 years
- Ryan Bybee PT, Clinical Director of OccuSport 21 years
- Sabrina Skelton, PT, Vice President of Administration -18 years
- Jennifer Gonzales, Operations Manager, 18 years
- Debbie Hefley, Billing and Finance, 15 years
- Yolanda Holguin, HR and Marketing, 15 years
- Andy Krentz, ATC – Athletic Training 14 years
- David Gallegos, ATC- Deputy CEO, Director of Sports Medicine 13 years
- Bridget Scholljegerdes, PT, Clinical Director of the Balance Center, 12 years
- Ann Jacques, PT, Balance-Neuro rehab specialist, 12 years



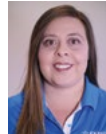
Andy Krentz



David Gallegos



Yolanda Holguin



Jennifer Gonzales



John Campbell



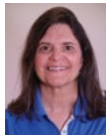
Kennen Bitton



Ryan Bybee



Sabrina Skelton



Ann Jacques



Bridget Scholljegerdes



Debbie Hefley

(continued inside)

THANK YOU TO OUR SEVERAL AFFILIATE COMPANIES

(continued from outside)

Over the years our parent company of Southwest Sport and Spine Center inc, has spawned several affiliate companies in an effort to better serve the health needs of the community :

- Southwest Health and Wellness 2006, now known as Optimum Body Shop
- Breathing Science Institute, 2011, innovative education and treatment utilizing capnometers
- OccuSport 2014, dedicated to returning to work and play of Work Comp and Athletic injuries
- FYZICAL Franchise, 2017, bringing the highest level of balance and vestibular treatment

This year we are excited to add **Diagnostic services** in our newest company **Real View Diagnostics (RVD) with locations in Las Cruces and Canutillo**. RVD specializes in Musculo-skeletal Ultrasound (MSKUS), Electromyography (EMG) and Nerve Conduction studies (NCS) provided by our own residency/fellowship trained Physical Therapists.

We are proud to have had close ties with NMSU over the years and currently are their preferred provider for physical therapy services, GO AGGIES! We also enjoy a strong relationship with the El Paso Locomotive as part of their sports medicine team, VAMOS LOCOS.

On a personal note...It has been my joy and privilege to see so many of you as patients over the years. People wonder if I still am around after



we changed our PT clinic name to FYZICAL, so the answer is yes. Since Covid hit us all, I have been more in an Administrative role, literally trying to stay in business and survive the effects of COVID as many of you did. Thankfully, we were able to pull through and are now better than ever with the same passion and commitment to serve our communities. We continue with deep dedication to ongoing growth in our clinical expertise along with a healthy dose of caring and compassion in the process. After nearly 40 years of working in the Athletic Training and Physical Therapy world, I have needed some work done to both of my knees as well. I have one down and one to go. I look forward to getting back to patient care again, it is my true passion and calling.

Thank you for allowing us to be part of the healthcare team! I thank God for the privilege and look forward to many more years of service.

With Deep Appreciation and Warm Wishes To All,
Denise Campbell, Founder, CEO, ATC, PT
Diplomat, Mechanical Diagnosis and Therapy
Diplomat, Breathing Sciences
Board Certified Orthopedic Specialist
Fellow, American Academy of Orthopedic Manual Physical Therapist

Mall Drive: 575-223-2805 | Locust Street: 575-243-8097 | Northwest El Paso: 915-248-1227

STOP BY TO PICK UP A COOKIE!

IT'S AS EASY AS PIE



Stop by and pick up your Fyzical anniversary cookie the week of **May 2nd**.

We Make Therapy Easy as Pie



MALL DRIVE CLINIC

1181 Mall Drive, Suites C, D, & E
Las Cruces, NM 88011

LOCUST STREET CLINIC

2404 S Locust St., Suite 5
Las Cruces, NM 88001

NORTHWEST EL PASO CLINIC

1845 Northwestern, Suite B
El Paso, TX 79912



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

WE MAKE IT EASY TO LEAVE A REVIEW!

SHARE YOUR SUCCESS!



INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Southwest Sport & Spine Center Google Review page)
3. Tell us how we did!



PATIENT SUCCESS SPOTLIGHT



Thanks to Fyzical's amazing staff I'm getting my life back!

"After being diagnosed with a concussion, whiplash, vertigo, and vestibular disorder I felt like I'd never be normal again. Thanks to Fyzical's amazing staff I'm getting my life back. It won't happen overnight but you won't have to go through it alone with these awesome people. Thanks to Amanda, Sydney, Montana and so many behind the scenes for everything they've done!" — J.B.

HEALTHY RECIPE: HEALTHIER DEVILED EGGS

INGREDIENTS

- 6 large eggs
- 1 Tbsp plain or garlic hummus
- 1 tsp dijon or spicy mustard
- 1 tsp apple cider vinegar
- 1 tsp olive oil or avocado oil
- 1 ½ tsp raw honey (or sub maple syrup)
- 1/4 tsp ground turmeric
- 1 pinch cayenne pepper
- 1 pinch smoked paprika, plus more for topping
- 1/4 tsp sea salt, plus more to taste
- 1-3 Tbsp water



DIRECTIONS

Hard-boil the eggs by method of your choice. Once the eggs have been boiled, cooled, and peeled under cool running water, pat dry and halve with a sharp knife. One at a time, tip the eggs over (cut-side down) and transfer the yolks into a small mixing bowl. To the yolks, add hummus, mustard, apple cider vinegar, oil, honey, turmeric, cayenne, smoked paprika, and salt. Mash to combine. Add water a little at a time until a smooth paste is formed. Transfer filling to a small piping bag to pipe the yolk filling into the cooked egg whites (or simply use a spoon to fill the eggs).

Source: <https://minimalistbaker.com/mayo-free-deviled-eggs/>

FOLLOW THE TIMELINE OF SOUTHWEST SPORT & SPINE CENTER, INC



Started the small clinic in Missouri - 2000.

2006



Optimum Body Shop.

Southwest Health and Wellness 2006, now known as Optimum Body Shop. The next generation of healthcare is focused on holistic care in both prevention and follow-up services. We provide a tailored approach matching your goals. Optimum Body shop is our integrated healthcare model.



Breathing Science Institute.

2011, innovative education and treatment utilizing capnometers. Breathing can be hard, but it doesn't have to be. Our respiratory educators will provide you with computer-based biofeedback on your breathing efficiency and teach you how to modify it to improve your ability to control pain, reduce stress, and improve performance. We are the national training site for breathing science experts in Physical Therapy. Let us help you breathe well.

2011



Occusport.

2014, dedicated to returning to work and play of Work Comp and Athletic injuries. Injured workers and athletes have a common goal. They both want to get back to work and sport as quickly as possible. OccuSport is a team of Physical Therapists and Athletic Trainers at FYZICAL that specialize in injury recovery and medical teamwork to help you achieve powerful results to get you back into action!

2014



FYZICAL Therapy & Balance Centers

2017, bringing the highest level of balance and vestibular treatment. We brought FYZICAL to Las Cruces, NM, and Northwest El Paso, TX to provide a much-needed specialty in balance and fall prevention. We are a Level 3 Balance facility with board-certified clinicians using advanced technology to accurately diagnose and treat neuromuscular conditions.

2017

2022 on, continue growing and helping the people of the community heal!