

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



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

AQUATIC THERAPY CAN HELP EVERYONE

DISCOVER HOW BY SCHEDULING AN APPOINTMENT



INSIDE:

- Our Aquatic Therapy Program Helps Our Patients Recover Faster!
- We Make It Easy To Leave A Review!
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- Patient Success Spotlight

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AQUATIC THERAPY WILL GET YOU MOVING AGAIN



Our community deserves the very best, and that is exactly what we are committed to providing. Our state-of-the-art Therapy Pool will provide a new atmosphere and opportunity for physical rehabilitation. Aquatic Therapy is the best method of therapy for when weight-bearing exercise is painful or harmful. We are so excited about the number of patients this will benefit!

Aquatic Therapy Will Get You Moving Again. Do you find yourself not as active as you used to be? As we age, we lose muscle and bone mass, leading to the development of problems such as back pain, arthritis or osteoporosis. This makes it harder to do normal everyday activities like squatting down, getting out of bed, walking, and more.

Regular exercise and physical therapy slow the loss of muscle mass, strengthens bones and reduces joint or muscle pain. In addition, physical therapy improves mobility and balance, which reduces the risk of falling as you age or suffering a serious injury.

Physical activity is important and can help you live independently for as long as possible. However, if you have chronic aches and pains, it can be difficult to exercise. This lack of physical activity can make the condition even worse. This is where aquatic therapy can really help you. Aquatic therapy offers a very safe environment in order for you to get your body moving again. The temperature of the water helps to reduce inflammation and pain, relieves aches, and provides benefits to many of your other organs as well.

What Are The Benefits Of Aquatic Therapy? Aside from alleviating pain and speeding recovery, aquatic therapy has a number of other benefits, as well, including:

- **Begin Recovery Sooner:** Aquatic therapy allows patients to begin therapy sooner than land-based therapy allows because of support on weight-bearing joints.
- **Less Joint Stress:** Aquatic therapy allows for walking, running, and various movement activities without full weight-bearing.
- **Maximize Movement:** The resistance of the water allows patients to maximize each and every movement in a nearly pain-free environment. This also gives patients a great aerobic workout.
- **Hydrostatic Pressure:** The hydrostatic pressure of the water allows for decreasing edema in the extremities.
- **Relaxation:** Aquatic therapy decreases muscle tension and allows for a better relaxation response. And so much more!

Because of the unique benefits of Aquatic Therapy, it's beneficial for a number of diagnoses, such as:

- Sports injuries
- Post-surgical
- Joint replacements
- Neck, back and spine injuries
- Balance disorders
- Stroke
- Arthritis
- Parkinson's
- Cardiac problems
- Weight management

(continued inside)

OUR AQUATIC THERAPY PROGRAM HELPS OUR PATIENTS RECOVER FASTER!

(continued from outside)

When it comes to Aquatic Therapy, FYZICAL is proud to take our rewarding methods of therapy into the water. The buoyancy, support and accommodating resistance of water enhance exercise and create a safe environment for progressive rehabilitation. The water temperature prompts muscle relaxation, facilitates stretching and generally reduces the sensation of pain. Some of the benefits include:

- Improve Strength and Endurance
- Increase Range of Motion
- Normalize Muscle Tone
- Improve Balance and Coordination
- Protect Joints During Exercise
- Improve Circulation
- Decrease Swelling
- Reduce Stress
- Moderate Body Temperature

Our knowledgeable physical therapists are experts in muscle and joint problems, helping you return quickly to normal pain free function. At FYZICAL we listen to you and create custom aquatic therapy programs and hands on treatments that alleviate your pain, improve balance, improve movement and walking while getting you back to doing normal everyday tasks with a healthier outlook on life. [Contact us to discover how you can benefit from our aquatic therapy program!](#)



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1. Open your smart phone to the camera app
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3. Explore our website!



MALL DRIVE

LOCUST STREET

NORTHWEST EL PASO



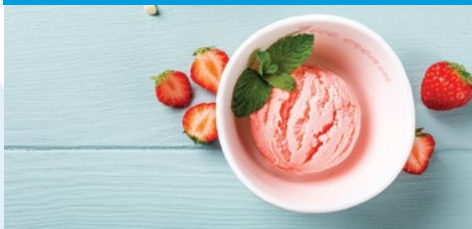
PATIENT SUCCESS SPOTLIGHT



Helping me make a full recovery within about 6 months!

"All therapists were very knowledgeable, good listeners, and seemed to have a genuine care for well being of patients. Went for occupational therapy on my broken humerus. So thankful to occupational therapist Julie for pushing me and helping me make a full recovery within about 6 months. Everyone working at the facility was kind and helpful, highly recommend it for anyone recovering from an injury or in need of physical therapy." — J.C.

HEALTHY RECIPE: 'NICE' CREAM



INGREDIENTS

- 4 bananas, frozen
- 2 tbsp nut butter (almond, peanut, cashew, etc.)
- Splash of non-dairy milk
- 1 cup fresh strawberries, sliced
- 1/2 tsp vanilla extract

DIRECTIONS

Combine the bananas, nut butter and splash of non-dairy milk in a food processor and blend until smooth and creamy. TIP: If the mixture is too thick to blend, add more non-dairy milk until smooth. Add the strawberries and vanilla and blend, leaving a few solid bits of strawberry throughout. Serve immediately or transfer the 'nice cream' to an airtight container and freeze for 30 minutes for a soft texture or for 1 to 2 hours for a firmer texture. Serve with your favorite toppings, if desired.

Source: <https://www.savoryonline.com/recipes/211982/nice-cream>

PTA HIGHLIGHT KRYSTAL BOYLE, BS, PTA



I went to Western Tech for PTA school and graduated in February of 2021. Currently, I wouldn't say I have enough experience to have a favorite Dx, however, I love people and have enjoyed learning all that I can with aquatic therapy and the many different diagnoses that I've gotten to work with over the past year. I have had a few Parkinson's patients recently, as well as during my time as a student at the Rehab Hospital, and that Dx is very interesting to me and fun to work with. I enjoy the quality time I get with each of my PTs while they're in the pool, and have enjoyed aquatics this past year.

My philosophy...Each person that enters our clinic has a story and all that has happened in their lives to bring them to this exact point in life when they walk in our doors makes contributes to their Dx. I believe it is important to consider life circumstances, background and family/home life in order to better treat the whole person, rather than just the Dx or injury. I remember vividly where I was at in life when I ruptured my achilles, and fell in love with other people I met going through PT at that time, as we could all relate to being "broken" in different ways, and I'm grateful that my PT and ATC treated my whole person and not just my injury.

The experience I had with PT was my reason for going back to school and pursuing a career as a PTA...to get to pay it forward and meet others right where they're at and help them overcome challenges and setbacks to get them back to where they can thrive in more than just their physical life, while having some understanding of their struggles through experience.

Fun fact about me: Every summer I work as a church camp counselor with our youth, and absolutely LOVE it!!