

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

**NEWSLETTER**

POWERED BY



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

# GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

SCHEDULE AN APPOINTMENT TODAY!



**INSIDE:**

- Benefits Of Physical Therapy
- We Make It Easy To Leave A Review!
- Have You Met Your Insurance Deductible?
- Patient Success Spotlight

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# NEWSLETTER



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# GAIN YOUR HEALTH BACK!

## PHYSICAL THERAPY CAN HELP



Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy at FYZICAL can help.

October is National Physical Therapy Month. FYZICAL wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced at treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be. Request an appointment with FYZICAL today, so we can help you get back to the life you deserve!

**Why should I choose physical therapy?** There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has

been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

[\(continued inside\)](#)

# BENEFITS OF PHYSICAL THERAPY

(continued from outside)

A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

**Physical therapy can help improve your joint range of motion and overall mobility:** Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

**Physical therapy can help strengthen weaknesses and compensation patterns:** Through injury or surgery, muscles become weak and impact your ability to move and function normally. For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

**Physical therapy can improve your overall health and well-being:** When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health. Physical therapists can recommend nutrition

to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

**Physical therapy can help you reduce the risk of injury:** By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

**Call us today to request an appointment.** The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results! Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either. Contact FYZICAL to learn more about National Physical Therapy Month and the benefits of physical therapy. If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492>  
<https://academic.oup.com/ptj/article/90/7/1014/2737793>  
<https://bjsm.bmj.com/content/52/24/1557.citation-tools>  
<https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>

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

## SUDOKU

6					7			1
	7	9						
		3		5	9		7	6
5	2				3			9
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3			1				2	4
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<http://1sudoku.com>

n° 225044 - Level: Medium



**WE MAKE IT  
EASY TO LEAVE  
A REVIEW!**

### 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 Google Review page)
3. Explore our website!



MALL DRIVE

LOCUST STREET

NORTHWEST EL PASO



## PATIENT SUCCESS SPOTLIGHT



### I think it's a miracle!

"It is amazing how effective physical therapy can be when experiencing severe pain. I went into your facility with severe pain in my head and neck. The therapist taught me stretches and exercises to relieve my pain. And now I am virtually pain-free. I think it's a miracle! All of the physical therapists that helped me were very pleasant. I enjoyed being there. I'm gonna miss everybody. And I really appreciate everything that everyone did for me. Thank you so much." — **Janis H.**

## HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2023.

Have you undergone surgery recently? **Call us today at Mall Drive Clinic: 575-223-2805, Locust Street Clinic: 575-243-8097 or Northwest El Paso Clinic: 915-248-1227** to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

## MEET OUR STAFF WALTER WALDO

**Walter Waldo, Physical Therapy Assistant**  
PTA, BSPTA, CSC



Walter Waldo is a Physical Therapy Assistant with Northwest El Paso. Walter is a graduate of Western Technical College PTA program in El Paso, TX and Pima Medical Institute in Tucson, AZ completing a Bachelor's of Science in Health and Science. He has been a Physical Therapist Assistant for 5 years, working in outpatient and skilled nursing facilities.

- NCSF Certified Strength Coach
- NSPA Certified Speed and Agility Coach
- McKenzie A-C
- Senior Balance Re-trainer Level 1 - 2
- Clinical Instructor

A few fun facts about him:

- Walter loves Hall & Oats music
- Plays Rugby
- "Listen to your patient, they will tell you the answers"



## COME VISIT OUR BOOTH



Fyzical Las Cruces will be having a booth set up at the Locomotive Soccer Game, October 8th. Come stop by and say hello!