

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



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

AQUATIC THERAPY CAN EASE ARTHRITIS PAIN

SCHEDULE AN APPOINTMENT TODAY



INSIDE:

- Benefits Of Aquatic Therapy For Arthritis Pain & Discomfort
- We Make It Easy To Leave A Review!
- How Can I Tell When It's Time to Return to PT?
- Patient Success Spotlight

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SUFFERING FROM TIGHT JOINTS? AQUATIC THERAPY CAN HELP



Have you ever woken up with tight joints that ache as soon as you move or become more painful throughout the day? If you answered yes, you may be experiencing early-onset arthritic symptoms. Aquatic therapy is a successful treatment choice for arthritis sufferers. Many people suffer from this illness and refuse to seek therapy because they assume it is something they will have to cope with as they age. This could not be further from the truth! With our aquatic treatment program, our qualified and experienced therapists can assist you in managing your arthritis pain. If you're looking for long-term relief from arthritic pain, aquatic treatment is a fantastic option. Our goal at our clinic is to ensure that you can go about your daily activities without being hurt.

Common types of arthritis

Arthritis is a condition that attacks the joints of the body by causing mass amounts of pain and inflammation. According to the CDC, "In the United States, 23% of all adults—over 54 million people—have arthritis. About 24 million adults are limited in their activities from arthritis, and more than 1 in 4 adults with arthritis report severe joint pain."

Osteoarthritis is the most common type of arthritis. Combined with some changes that take place during aging, this condition is typically a natural consequence of a lifetime of joint movement. It can form as a result of a sudden injury to a joint, and it can develop even if a previous injury has healed! Safe joints not only provide a lubricating fluid to keep the ends of the bone moving smoothly but also a cartilage layer that serves as a part of shock absorption and

anti-friction. Over time, however, the lubricating fluid output can begin to dry up, as the cartilage becomes thinner and wearier until it eventually breaks down completely. If you try to shift or place weight on the joint, this leaves you with discomfort, swelling, and inflammation that typically feels worse.

Rheumatoid arthritis is another kind of arthritis that is caused by an auto-immune disorder or dysfunction. The same defense mechanisms that normally fight disease-causing germs decide to turn on your joints, mistaking them for the enemy and attacking them. This causes painful inflammation that comes and goes, leaving joint swelling and deformity in its wake. Your medical history, hormones, and environment are a few. It's also common for this condition to affect the same joints on opposite sides of the body because of the fact that it is an autoimmune disease.

How to know if aquatic therapy could help alleviate arthritis symptoms

Aquatic therapy may help to restore the use of joints affected by either of these arthritic conditions and also increase your ability to move about and participate in everyday activities. If you're experiencing any of the following commonly experienced symptoms, aquatic therapy could be your best bet to finding pain relief!

(continued inside)

BENEFITS OF AQUATIC THERAPY FOR ARTHRITIS PAIN & DISCOMFORT



(continued from outside)

Are you dealing with any of these on a daily basis?

- Joint pain
- Reduced range of motion
- Stiffness in the affected area
- Trouble getting up on your own or sitting down
- Swelling and inflammation
- Tenderness or soreness especially in the mornings
- you begin to move around you

If your answer is yes, aquatic therapy could provide several benefits to you!

People with arthritis can benefit from aquatic treatment in a variety of ways. Aquatic therapy patients are frequently able to forgo having costly surgery or purchasing drugs entirely! Your professional and experienced therapists at FYZICAL will be able to do a comprehensive physical examination in order to find the best treatment for your individual pain issues. Aquatic treatment is a great alternative for people with arthritis since it helps to restore normal joint motion, strengthen supporting muscles, and improve general mobility. For long-term rehabilitation, our aquatic therapy treatments are tailored to your unique needs. We can also show you how to prevent future joint injuries as well as at-home therapy exercises that you can do on your own. Some exercises your aquatic therapist at FYZICAL may teach you

during your treatment time with us are:

- Water walking
- Forward lunges
- Sidestepping
- Hip kickers
- Jumping jacks
- Frog jumps
- Squat jumps

These are just a handful of common exercises that your therapist can use to help you. Your skilled and experienced therapists will be able to assist you with increasing your range of motion in the affected joints, and your treatment will depend on your specific condition and the symptoms you're trying to alleviate.

Call our clinic today for more information

If you're struggling with arthritis or have noticed any of the arthritic symptoms listed above, it's a good idea to contact an aquatic therapist for an assessment as soon as possible. Your days of succumbing to arthritis pain and discomfort could become few and far between, but there's only one way to find out! Give us a call today to set up your first appointment. We can't wait to see you!

Source: <https://creakyjoints.org/diet-exercise/water-exercises-for-arthritis/>

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

MEET OUR STAFF

Meet our Occupational Therapy Team
Ashley Cotto, OTR and Julie Holguin, COTA.



Ashley Cotto
OTR



Julie Holguin
COTA



HEALTHY RECIPE: EASY SALMON CAKES

INGREDIENTS

- 2 (6 oz) cans salmon skinless and boneless
- 2 large eggs
- 2 tbsp mayonnaise
- 2 tsp Dijon mustard
- 2 tsp minced fresh garlic
- ½ tsp kosher salt
- ¼ tsp black pepper
- ½ tsp dried thyme
- ½ cup chopped parsley
- ¼ cup olive oil



DIRECTIONS

Preheat your oven to the "keep warm" setting. Drain the salmon cans thoroughly. Place the salmon in a large bowl. Flake it well into tiny pieces. Add the eggs, mayonnaise, Dijon mustard, garlic, kosher salt, black pepper, and thyme. Mix well. Mix in the chopped parsley. Heat the olive oil over medium heat in a large skillet, for 3 minutes. Transfer four mounds of the mixture to the skillet. Pack the mixture into the scoop, then release it into the skillet and gently flatten. Cook for 3 minutes on each side. Place the cooked patties in the oven to keep warm while you cook the second batch.

<https://healthyrecipesblogs.com/salmon-cakes-recipe/>

HOW CAN I TELL WHEN IT'S TIME TO RETURN TO PT?



How can you tell when it's time to seek help for your pain? If you're hesitant to pursue treatment for your pain, ask yourself these 4 questions. If you find yourself answering yes to any of them, it's likely time to see a physical therapist at FYZICAL.

1. Has it become difficult for you to participate in the activities you enjoy? Maybe you haven't suffered from a specific injury or haven't been diagnosed with a medical condition, but you're still finding it difficult to play your favorite sport or go on runs at your local trails. Our physical therapy services will help you get back to doing what you love, whether it's due to a chronic illness like arthritis or general wear and tear on your joints and muscles.

2. Have you been getting hurt more frequently? If you are frequently pulling muscles or injuring yourself, working with a physical therapist will undoubtedly be beneficial. Our physical therapists will teach you exercises to improve your overall stability and balance.

3. Do you have a repetitive use injury? If you perform the same exact movement every time you lift or pull something, you may develop a repetitive use injury. When you visit our clinic, your physical therapist will teach you how to perform repetitive tasks properly in order to avoid future accidents.

4. Have you recently had surgery? Even minor surgery makes it difficult for the body to heal and return to its pre-surgery condition. Regardless of the type of surgery you've had, physical therapy will help you regain strength and flexibility.

A customized physical therapy program may help to reduce or eliminate pain. Physical therapy assists people of all ages in leading healthier, more productive lives. Please contact FYZICAL as soon as possible to schedule an initial appointment.

PATIENT SUCCESS SPOTLIGHT



Helpful, compassionate, and understanding!

"I worked with team Ryan, Sam, and Misa. They were awesome and showed me how to be able to fix my body with the right tools to continue my progress and healing. They were helpful, compassionate, and understanding. I appreciate everything they did. Thank you, Team Ryan." — **Jessica M.**



**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

