

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER



POWERED BY

Southwest Sport & Spine Center, Inc.
"Powerful results to get you BACK into action." EST. 2000

RECOVER FROM AN INJURY WITH OCCUPATIONAL THERAPY



Are you recovering from a recent injury or surgical procedure? Are you living with a chronic condition that causes constant discomfort? Whatever the case may be, occupational therapy can help improve your health. At FYZICAL, our occupational therapists can help you restore your function and teach you the skills to manage your daily activities.

Occupational therapy helps people from young to old do the things they want and need to do. This kind of therapy works with people of all ages to live their life to the fullest by promoting health and/or living with injury, illness, or disability. Occupational therapists (OTs) treat injured, ill, or disabled patients with the therapeutic use of everyday activities by implementing strategies to help patients recover, improve, learn and maintain the skills needed for daily living and working duties. If you are experiencing discomfort, contact FYZICAL today for more information.

What conditions are treated by an occupational therapist?

The word "occupation" is used to describe activities of daily living, instrumental activities of daily living, health management, rest and sleep, education, work, play, leisure, and social participation.

Occupational therapists work with people to address their physical, cognitive, psychosocial, and sensory-perceptual limitations. OT aims to help improve a person's performance and engagement in occupations that affect physical and mental health and quality of life. OTs work with elderly patients to teach them techniques to make completing daily tasks, such as dressing, eating, and bathing, much

more manageable. In addition, we also help patients improve their fine and basic motor skills, strength, dexterity, and range of motion. Occupational therapy focuses more closely on hand, elbow, and wrist pain relief. Some common conditions we treat with OT, through our specialized hand therapy services, include:

- Carpal tunnel syndrome
- Arthritis
- Burns
- Nerve injuries
- Fractures
- Tendinitis

The medical conditions that occupational therapists often treat include the following:

- ADHD
- Chronic pain
- Stroke
- Diabetes
- Spinal cord injuries
- Brain injuries
- Multiple sclerosis

Everyday personalized activities that people do as individuals, in families, with communities and to occupy time bring meaning and purpose to life. Occupations can involve the execution of multiple activities for completion and can result in various outcomes. Whether you're dealing with an old or new issue, conservative care of an occupational therapist is one of the most effective ways to treat pain and injury. The goal of rehabilitation is to help you regardless of your current condition or the setting you need assistance in. We will help you participate in the activities you need and want to do.

(continued inside)

WHAT TO EXPECT AT AN OCCUPATIONAL THERAPY VISIT

(continued from outside)

Occupational therapy is more than just addressing an injury. At FYZICAL, our dedicated therapists focus on the functional needs of each patient by implementing specific exercises and activities that promote physical and psychological well-being.

We will perform a thorough evaluation, determine the best course of action, and implement the strategies to ensure a positive outcome. We may also include evaluating your home and other environments (i.e., workplace, school) and making recommendations for adaptive equipment and/or training to fit your needs.

Our team will implement compensatory techniques to help you perform tasks in an alternative manner or by using adaptive aids to be more independent. We can also use compensatory strategies to help you learn new tasks when your abilities and current situation dictate a new way.

Occupational therapists use a holistic perspective, focusing on adapting the environment to fit the person. You will feel better emotionally when you can comfortably engage in essential



activities. This unique approach makes occupational therapy a vital part of your health care.

Call to schedule an appointment

Whether you are looking for relief, looking to prevent an injury, or simply improving your physical function, occupational therapy is here for you. Our skilled OTs will work closely with you to help you reach your goals! If you're ready to get started on the path toward improved health, contact our office today!

Sources: <https://www.aota.org/conference-events/otmonth/what-is-ot.aspx>
https://go.gale.com/ps/i.o?id=GALE%7CA623794176&sid=googleScholar&v=2.1&it=r&linkaccess=abs&issn=02729490&p=HRCA&sw=w&userGroupName=ar_a_otcl

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

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HEALTHY RECIPE: PINEAPPLE GREEN SMOOTHIE



INGREDIENTS

- ½ cup unsweetened almond milk
- 1/3 cup nonfat plain Greek yogurt
- 1 cup baby spinach
- 1 cup frozen banana slices (about 1 medium banana)
- ½ cup frozen pineapple chunks
- 1 tablespoon chia seeds
- 1-2 teaspoons pure maple syrup or honey (optional)

DIRECTIONS

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia seeds and sweetener (if using); blend until smooth.

<https://www.eatingwell.com/recipe/251038/pineapple-green-smoothie/>

PATIENT SUCCESS SPOTLIGHT



The professionals at Fyzical know what they're doing!

"Came here barely walking. After twelve 30-minute sessions, I walked out of the door with my old bounce. Don't get me wrong, those weeks were painful. But the professionals at FYZICAL know what they're doing. And they make it fun!" — **Erin W.**

APRIL IS NATIONAL OCCUPATIONAL THERAPY MONTH

Did you know that April is National Occupational Therapy Month? That's right, if you have an injury or medical condition that is limiting your daily activities, there's no better time to seek treatment! With the help of an occupational therapist, you can achieve a greater degree of independence and lower your pain symptoms. Occupational therapy practitioners help people of all ages live their lives to the fullest by promoting health and teaching individuals how to function with an injury, illness, or disability.

Occupational therapy is a very common form of treatment for patients recovering from surgery, healing from injuries, or living with chronic conditions that affect their quality of life. Some conditions and situations where an OT's guidance and care can be beneficial include:

- Tendinitis
- Multiple sclerosis
- Parkinson's disease
- Orthopedic conditions
- Recovery after burns/scar management
- Neurological conditions
- Carpal tunnel syndrome
- Down's syndrome
- Cerebral palsy
- Autism
- Asperger's syndrome

At FYZICAL, we understand how difficult it can be to struggle to complete everyday activities. When you visit our clinic for the first time, you will undergo an assessment to determine your pain points, functionality, and abilities. You will also be asked about your goals as a patient. After this, your therapist will create a customized activity plan for you to improve your ability to tackle your daily routine. Are you ready to regain a sense of independence and control of your life? Contact FYZICAL to schedule an appointment with one of our dedicated therapists.

GET BACK TO WORK & BACK IN THE GAME!



OccuSport is a team of Athletic Trainers, Physical Therapists, and Occupational Therapists that specialize in injury recovery and medical teamwork and are charged with offering an international renowned system of injury care and prevention.

We utilize a sports medicine model adapted from professional sports to help injured employees and athletes return to work and sport.

Guided by technology, we also drive communication and access by telehealth which allows you to connect with OccuSport any time or day of the week from anywhere in the country!

Let us become your dedicated care providers from prevention and evaluation to care! **Call 575-216-5222 today to schedule a visit!**



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!

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