

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



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

VISIT US

MALL DRIVE CLINIC

1181 Mall Dr., Suite C,
Las Cruces, NM, 88011

P: 575.223.2805

LOCUST STREET CLINIC

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

P: 575.243.8097

FYZICAL.com/las-cruces



PATIENT SUCCESS

"So fortunate to have gone here after two full knee replacements and back surgery. I have full mobility and this entire staff made sure to address the root problem and not just the symptoms. What a huge difference after going to two other clinics for 15 years. The Fyzical staff are infectiously positive and help you reach your goals with humor and focus. Got my life back thanks to this staff!" — M.W.



Standing Tall

The Benefits of Standing Desks and Alternate Seating Options at Work

Did you know that standing burns between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day. Sedentary lifestyles, such as those traditionally associated with desk jobs, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks!

What's the best desk for you?

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while.

Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for workplace environments, so employees can spend a large amount of their day standing or stretching, with the opportunity to rest when they become tired.

**Click Here To Get On
Our Schedule For Your
Next Appointment**

Mall Drive: [575.223.2805](tel:575.223.2805) | Locust Street: [575.243.8097](tel:575.243.8097)

MAKING THE MOST OUT OF YOUR WORK DAY

Studies suggest whether you choose a standing or adjustable desk for your work day, integrative support can be beneficial in easing yourself into the new setting. In fact, those who participated in some sort of integrative support program for their standing or adjustable desk stood for an average of 50 minutes longer each day than those who did not.

In addition to the type of desk you stand at, ergonomics is also an important concept to keep in mind. Ergonomic laptop desks and chairs can promote proper posture and decrease the risk for back problems, while workplace design can make an impact on employee happiness, productivity, and well-being.

Get assistance from a physical therapist:

At FYZICAL Therapy & Balance Centers we can provide specialized programs for making the most out of your work day. Our programs focus on integrative support for beginning a new workplace lifestyle, such as implementing a standing or adjustable desk into your daily routine. We can also provide you with tips and techniques for arranging the best ergonomically efficient area to work.

Don't let the stresses of work take a toll on your physical health! There are several steps you can take to improve your posture, strength, energy, and overall wellbeing throughout the workday. Schedule an appointment with FYZICAL Therapy & Balance Centers today to get started on some integrative

lifestyle changes that can help brighten your mood, enhance your creativity, and reduce your risk of developing health issues while you are at work!



STAFF SPOTLIGHT: TROY TIGGES



Troy Tigges is a Physical Therapist and has been with FYZICAL Therapy and Balance Centers – Las Cruces since 2022. In 2019, he graduated from The University of Iowa with a Bachelor of Health Sciences. In 2022, he graduated from Des Moines University with his Doctorate in Physical Therapy. Troy is also a Level I Balance Trained Clinician. His inspiration to pursue a career in physical therapy comes from personal experience. "I suffered an ankle injury as a sophomore in high school. As a result, I was exposed to the field and fell in love with it."

Troy is part of Fyzical Therapy and Balance Centers and works with patients of all ages to help them return to their highest level of pain-free function and live purposeful lives. He helps treat general orthopedic, post-operative, and geriatric among

other types of patients. His goal as a physical therapist is to help people and make them feel better overall. Troy's approach with his patients is to listen to their problems and help them reach their ultimate goal while also making sure that his patients are challenged and pushed a little more than they think they can do. His personal philosophy is "if you are not first, you are last," which derives from always striving to be your best self. Troy's interests and hobbies include exercising, spending time with his family and friends, sleeping, and any type of pool activity!

5-MINUTE EGG & HUMMUS FLATBREAD

Ingredients:

- 1 tbsp hummus
- 1 whole grain wrap
- 1/4 c baby arugula
- 1/2 English cucumber, cut into matchsticks
- 1/2 c cherry tomatoes, halved
- 1/8 c Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves

Directions:

Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.

OUR THERAPY TEAM

Our physical therapists have advanced clinical education and training, specialty certifications and years of experience providing hands-on healing – with an emphasis on establishing whole-body wellness – for thousands of patients across the nation. FYZICAL's therapists continually respond to advances in research, technology, science and health care. Beyond the degree and licensing required by law, we certify our 'FYZICALIST™' to meet the highest standards in the industry. Only then can they provide you with service. A core requirement for all our therapists is a loving, caring and helpful personality.

FYZICAL Therapy & Balance Centers are complete with state-of-the-art strength and cardio equipment for treating orthopedic problems, neurological conditions, sports injuries, balance disorders and any aches or pains you might have.

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments with our clinic you will stay on the road of better health and wellness.

Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment today!

[FYZICAL.com/las-cruces](https://www.fyzical.com/las-cruces)

SPREAD THE LOVE!

Would you take a moment to share your experience on our Google Review page? We make it easy: click the button below to leave your raving review for office you visited.

MALL DRIVE CLINIC

LOCUST STREET CLINIC

FOLLOW THE TIMELINE OF SOUTHWEST SPORT & SPINE CENTER, INC



Started the small clinic in Missouri - 2000.



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.



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.

2023 on, continue growing and helping the people of the community heal!



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.



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!



REAL VIEW DIAGNOSTICS

Real View Diagnostics

Musculoskeletal Ultrasound and Electromyography imaging at a fraction of the cost of an MRI. Clinical decision making and outcomes are significantly improved when real-time information is available to complement the clinical assessment.

2006

2011

2014

2017

2020

2023