

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

"I absolutely loved the treatment I received. The team was knowledgeable and caring. Each time I had questions or struggles they took their time and explained everything at every step of my healing process. I came in with massive pain and today I leave pain-free and with a new love for maintaining my physical health. From front reception to every PT on the floor, you guys all rock!!! Thank you all so much for getting me back pain-free! Special thank you to Eric for being so positive and helping me find my love of the gym again Keep being amazing!!!" — G.C.



Avoid Falls This Autumn

Physical Therapy Can Reduce Your Risk of a Fall-Related Injury

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At FYZICAL, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call FYZICAL today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

**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)

ARE YOU AT RISK OF FALLING?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo (“spinning” sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson’s disease and Alzheimer’s)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

Physical therapy can keep you on your feet

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation and a mobility, strength, and balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identify any home hazards/environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

What to expect in physical therapy

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement.

Some common aspects of treatment include:

- **Pain management.** Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.
- **Balance training.** Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.
- **Strength training.** Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Call our clinic for help today

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact FYZICAL to schedule a consultation and get started today!

Sources: <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>
•<https://www.bmj.com/content/347/bmj.f6234> •<https://bmcgeriatr.biomedcentral.com/articles/10.1186/s12877-019-1359-9> •<https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-020-01041-3>



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



Opened May 1st, 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