

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.



RECOVER FROM WORKERS' COMPENSATION & SPORTS INJURIES

Have you or someone you love been injured on the job? Or maybe it was a sports-related injury? Regardless of how your injury occurred, our clinic can help you get to the root of your problem and get you back to living a pain-free life! At FYZICAL, our physical therapists have proven results in helping people recover from all types of injuries. According to the National Safety Council, there are nearly 13,000 work-related injuries daily in America. These injuries lead to, on average, 21 days of disability, where the worker cannot do their normal job duties.

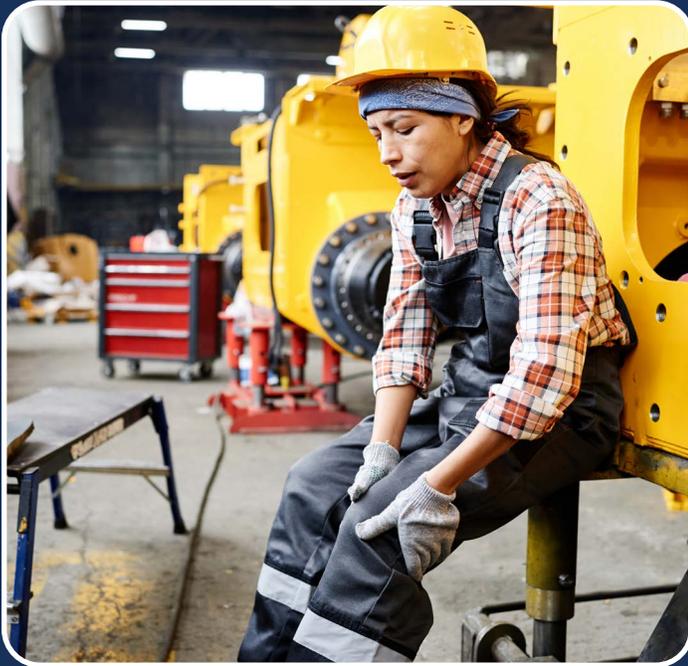
Every year, millions of people suffer from sports-related injuries, ranging from minor sprains to severe fractures. In the U.S. alone, it's estimated that up to 3.5 million children under the age of 14 receive medical treatment for sports injuries annually. These statistics underscore the importance of prevention and effective treatment.

Coming into our FYZICAL clinic could mean the difference between complete recovery and persistent pain. Call today to learn more about how our team can help you get back to doing what you love!

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)

COMMON WAYS WE GET HURT ON THE JOB



The most common complaint people endure from a work-related injury is the feeling of soreness caused by overusing the muscles, tendons, and ligaments. These injuries typically occur due to an activity the body is not used to or a repetitive movement required at work. In other cases, it is related to prolonged positions, like sitting at a desk all day or working on an assembly line.

Most injuries that involve bending and lifting strains will typically go away on their own. The severity of the damage determines how long the body will need to recover. This is why scheduling a consultation with our therapists at FYZICAL is so important.

There are obvious signs of more significant injuries like bruising, swelling, deformity, and severe pain. It can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, we are trained at identifying and treating musculoskeletal injuries. Get a referral today and let our physical therapists help you resolve any injury caused on the job!

COMMON SPORTS-RELATED INJURIES

In the realm of sports, injuries are an unfortunate but common reality. The most frequently occurring sports-related injuries include:

- Sprains and strains
- Fractures or dislocations
- Joint injuries to the knees, shoulders, and ankles

Overuse injuries like tennis elbow, runner's knee, and shin splints are also common. These injuries can occur across a

range of activities, from organized sports like football and soccer to recreational activities like hiking and swimming. Regardless of how the injury occurred, the main priority is effective treatment and prevention of future injuries.

Physical therapy at FYZICAL plays a vital role in both the recovery and performance enhancement of athletes. Our well-designed physical therapy programs often include a combination of therapeutic exercises to improve strength, mobility, and functional movements to improve technique and reduce the strain on susceptible areas. Our therapists also work on balance and coordination exercises and biomechanical assessments to understand the athlete's movement patterns.

We'll customize your recovery program to address any imbalances or mechanical inefficiencies. This approach not only aids in the speedy recovery from injuries but can also enhance overall performance by optimizing movement.

REQUEST AN APPOINTMENT AT FYZICAL TODAY!

Our highly trained team of physical therapists will use the most effective ways to deal with injuries sustained in a sport or an injury at work. At FYZICAL, we offer comprehensive evaluations to help determine the root cause of your pain and/or injuries.

Our specialists will provide research-backed programs proven to alleviate pain effectively, restore joint range of motion, and improve your strength so you can resume your normal activities. We can also assess if you are compensating due to an underlying issue causing the pain. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

If you were injured on the job or playing field and looking for solutions to your struggles, request an appointment at our clinic.

We have helped many patients recover from sports and work-related injuries, and we are confident we can help you, too!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6509454/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609374/>

[Click Here To Get On Our Schedule For Your Next Appointment](#)



FYZICAL[®]
Therapy & Balance Centers

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 the 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 from 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