

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 highly recommend Fyzical Therapy! The staff here is the best! I especially love Bridget Scholljegerdes. She is a very knowledgeable therapist and has troubleshot my pain amazingly. All of the staff here are so friendly and very helpful. I have been through 8 years of PT at other places. I have to say they are the best and well thought out for the patient." — F.D.

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FIND NECK PAIN RELIEF WITH PHYSICAL THERAPY

Neck pain – a discomfort that affects countless individuals, often striking at the most inconvenient moments. Whether you're at work, pursuing your favorite hobbies, or simply trying to get a good night's sleep, neck pain can be an unwelcome companion.

At FYZICAL Therapy & Balance Center, our skilled therapists have a proven track record of assisting patients in resolving their neck pain. Our comprehensive treatments explore the common causes of neck pain, their risk factors, targeted techniques, and prevention strategies to ensure you resolve your pain and get back to doing what matters most!

Read on to learn how physical therapy can be a game-changer in finding relief from neck pain!

A NEW YEAR MEANS A HEALTHIER & STRONGER NEW YOU

We want all of our patients to know that we are behind you 100% when it comes to maintaining their fitness and embarking on a journey to better health. The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first, contact us today for more information.

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

UNDERSTANDING NECK PAIN

Neck pain can happen for various reasons. It might be due to poor posture, muscle strain, or, in some cases, something more serious like a herniated disc. In other cases an underlying medical condition can also lead to neck pain.

The neck is a complex part of our body, with bones, muscles, and nerves all working together. When something goes wrong in this delicate balance, it can result in pain and discomfort.

HOW PHYSICAL THERAPY AT FYZICAL THERAPY & BALANCE CENTER CAN HELP

Physical therapy is all about using exercises and techniques to improve movement and reduce pain. Here's how it can work wonders for your neck pain:

1. TARGETED EXERCISES

Our experienced therapists are experts at designing exercises that specifically target the muscles and structures causing your neck pain. These exercises are tailored to your needs, ensuring they are effective and safe.

2. POSTURE CORRECTION

Many of us have less-than-ideal posture, especially when working on computers or looking down at our phones. Our skilled physical therapists will teach you how to maintain good posture, reducing the strain on your neck muscles.

3. HANDS-ON TECHNIQUES

Your therapist may use hands-on techniques like manual therapy techniques or gentle stretches to alleviate muscle tension and improve mobility in your neck joints.

4. EDUCATION AND SELF-CARE

Understanding how to take care of your neck is essential. Your therapist will provide valuable insights on ergonomics, lifestyle changes, and self-care practices to manage and prevent future neck pain.

Our team stays up-to-date on the most advanced treatments and will adjust your program as needed. We will give you the tools to resolve your current episode of pain so you can get back to doing what you love!

WHAT TO EXPECT DURING PHYSICAL THERAPY

Your first visit, your physical therapist will conduct a thorough evaluation. They will ask about your medical history, assess your range of motion, and discuss your pain symptoms.

Once they have a clear picture, they will create a personalized plan for your recovery. This plan will include specific exercises and techniques tailored to your condition. You'll work closely with your therapist, who will monitor your progress and adjust as needed.



HERE ARE SOME OF THE BENEFITS YOU CAN EXPECT FROM PHYSICAL THERAPY FOR NECK PAIN:

- **Pain Relief:** The primary goal of physical therapy is to reduce your pain and discomfort. With targeted exercises and techniques, many people experience significant relief.
- **Improved Mobility:** You'll likely notice improved neck mobility as you progress through your therapy. This means you can turn your head more easily and without pain.
- **Better Quality of Life:** Neck pain can limit your daily activities. Physical therapy can help you regain your ability to do things you love, like gardening, playing sports, or even just enjoying a pain-free night's sleep.
- **Preventing Recurrence:** Our physical therapists don't just treat the symptoms; they also work on preventing future episodes of neck pain. By learning better habits and exercises, you can reduce the chances of neck pain returning.

If you've been dealing with neck pain, physical therapy might be the solution you've been looking for. Reach out to our physical therapists and work towards a pain-free future.

TAKE THE FIRST STEP TOWARDS NECK PAIN RELIEF - SCHEDULE YOUR CONSULTATION TODAY!

At FYZICAL Therapy & Balance Center, we understand that neck pain can affect individuals from all walks of life. If you're dealing with neck pain or want to prevent it from interrupting your life, reach out to us today, and let us help you create your own success story!

Sources: <https://www.jospt.org/doi/full/10.2519/jospt.2017.0302> • <https://pubmed.ncbi.nlm.nih.gov/36180150/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>

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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!



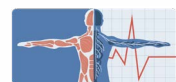
Optimum Body Shop

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