

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



Southwest Sport & Spine Center, Inc.
"Powerful results to get you BACK into action." EST. 2008

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



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PREVENTING FALLS DURING YOUR SPRING TRAIL WALKING

As the weather warms up and spring blooms around us, many of us will eagerly step outside to embrace the beauty of nature on the walking trails. While this is certainly a delightful way to spend a spring morning or afternoon, it's essential to take precautions to avoid any injuries. There's nothing worse than spoiling those picturesque views by stumbling and spraining an ankle or bruising a wrist. At FYZICAL we prioritize your safety during outdoor activities so you can fully relish them. Reach out to us today to discover how we can help you stay safe and enjoy your spring adventures to the fullest!

FIRST AND FOREMOST, PREPARE WITH THE PROPER EQUIPMENT

When planning a hike, climb, or leisurely stroll through a trail this spring, it's crucial to ensure you have the necessary gear, especially when venturing onto rocky or uneven terrain. Investing in hiking boots with excellent traction can significantly reduce the risk of slipping or falling on uneven surfaces. Consider adding custom orthotics to your boots for added support and comfort. If hiking or climbing is a regular activity for you, there are specialized products available to enhance your experience and safety.

PHYSICAL THERAPY CAN HELP WITH FALL PREVENTION

In addition to making sure you have the proper equipment, our physical therapy services can actually decrease your risk of sustaining a fall-related injury altogether. Balance is a large part of fall prevention, as lack of stability is one of the main reasons why falls occur. Our team of therapists will design a balance training plan for you as part of your treatment, and may ask you to perform certain balance-based activities, such as standing on one leg or holding your balance while performing a mentally-stimulating task (such as reciting the alphabet or reading a page from a book.) This will help with body control and will quite literally train your body to be better balanced.

Your physical therapist will combine strength training with balance training to reduce your fall risk. They'll create a customized plan targeting specific muscle groups to enhance standing and walking balance, aiding in quick recovery from balance issues—ideal for trail enthusiasts like you. Your physical therapist may recommend endurance training to improve your walking/hiking trail experience. This involves gradually increasing aerobic exercise time from 10 to 30-minute sessions as your endurance improves. This approach not only ensures safer adventures but also builds the strength and resilience for an active lifestyle.

If you are planning on frequenting the trails this spring, our experienced and dedicated team of physical therapists can help make sure your body is in peak shape. Contact us today to schedule your first appointment!



PATIENT SUCCESS



"Montana is the best Athletic Trainer. He always takes care of me and is very knowledgeable. I recommend seeing him if you ever need anything for physical therapy."

— J.S.

[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)

10 TIPS TO MAKE SURE YOU'RE READY FOR SPRING & SUMMER SPORTS

As the cold, gray skies give way to the bright, warm spring and summer days, athletes and sports enthusiasts gear up for their favorite seasonal activities. Whether you're a seasoned pro or a weekend warrior, getting ready for spring and summer sports requires more than just enthusiasm. Here's your ultimate checklist to ensure you're prepped and ready to hit the ground running – or swimming or biking!

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1. START WITH A HEALTH CHECK-UP

Before you dive into any sports activities, it's wise to get a physical check-up at FYZICAL. This helps ensure you're healthy and can safely participate in your chosen sport. If you have any pre-existing conditions, discuss with your doctor how to manage them while being active.

2. GRADUAL CONDITIONING

If you've taken a break during the winter months, it's crucial to ease back into your sports routine. Start with light exercises and gradually increase intensity to avoid injuries. Remember, your body needs time to adjust to the physical demands of sports activities.

3. SPORT-SPECIFIC TRAINING

Tailor your training to the specific demands of your sport. For example, if you're planning to play tennis, focus on exercises that enhance agility, hand-eye coordination, and upper-body strength. Each sport has unique requirements, and your training should reflect that.

4. FOCUS ON MOBILITY

Incorporate stretching, mobility work, and dynamic warm-ups into your daily routine. Mobility work, like learning a sports-specific dynamic warm-up improves performance and decreases the risk of injuries.

5. STRENGTHEN YOUR CORE

A strong core is vital for almost every sport. Core strength improves stability, balance, and overall athletic performance. Our therapists will teach you exercises that help strengthen your core in your workout routine.

6. HYDRATION AND NUTRITION

Proper hydration and nutrition are the fuel for your sports activities. Stay hydrated, especially in warmer weather, and eat a balanced diet rich in proteins, carbohydrates, and healthy fats. Remember to load up on fruits and vegetables for vitamins and minerals.

7. INVEST IN QUALITY GEAR

Using the right gear is not just about performance but also about preventing injuries. Invest in suitable quality footwear that is appropriate to your sport, and consider gear like helmets, knee pads, or wrist guards where necessary.

8. MENTAL PREPARATION

Mental toughness is just as important as physical fitness. Our therapists can help guide you on tools that help to develop a positive mindset, set realistic goals, and use visualization techniques to prepare mentally for your sport.

9. REST AND RECOVERY

Your body needs time to recover after intense physical activity. Ensure you get enough sleep and consider rest days as a part of your training program. Overtraining can lead to burnout and injuries.

10. LEARN OR REFRESH SKILLS

If you're trying a new sport or haven't practiced in a while, consider taking lessons or refreshing your skills. Understanding the basics and techniques can greatly enhance your enjoyment and performance in the sport.

STEP UP YOUR GAME: EMBRACE THE SEASON WITH HEALTH, FITNESS, AND FUN!

Prepping for spring and summer sports isn't just about physical preparation; it's about creating a balanced approach that includes physical fitness, mental well-being, nutrition, and proper rest. Following these FYZICAL tips will help enhance your performance and help you enjoy a safer, more fulfilling sporting season. So, lace up your sneakers, grab your gear, and get ready to enjoy the best of spring and summer sports!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8558815/> • <https://pubmed.ncbi.nlm.nih.gov/24100287/>



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)

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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!



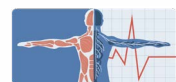
Optimum Body Shop

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