

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

ORIGINALLY KNOWN AS



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

START YOUR DAY WITHOUT FEAR OF SHOULDER PAIN

SEEK RELIEF TODAY!



INSIDE:

- Common Conditions That May Be Causing Your Shoulder Pain
- How Can Diagnostic Imaging Help You?
- New Year, New You
- Free Virtual Workshops

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WHAT'S CAUSING YOUR SHOULDER PAIN?



GIVE TO A FRIEND!

The best way to support local small businesses right now is to share us with your friends and family!

This card is good for one free consult!



FYZICAL[®]
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For more information, call or go online.

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Did you know that your shoulders are your most flexible and movable joints? Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade. Some of the most important muscles in the rotator cuff are actually the smallest. The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day. If you have been living with shoulder pain, you can find natural relief with our physical therapy services. To learn more about how we can help you get back to your daily life, free of shoulder pains, contact FYZICAL today!

Understanding your shoulder pain: Your shoulder is a "ball-and-socket joint," meaning that the humerus (head of the upper arm bone) fits perfectly in the corresponding space within the scapula (shoulder blade). Each end of the bone is protected by a thick layer of cartilage that prevents the bones from rubbing together.

Your shoulders can accomplish several physical feats due to their structure - however, this also means that they are susceptible to an increased risk of injury because of their complexity. If something becomes damaged in the make-up of the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, it is likely that you will feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.

COMMON CONDITIONS THAT MAY BE CAUSING YOUR SHOULDER PAIN

- **Strains and sprains.** A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. Strains and sprains can result in an ongoing shoulder pain that may make it difficult to partake in exercise or even daily tasks. If the strain or sprain is minor, it can sometimes be iced at home and healed with rest. More severe strains and sprains will often require physical therapy treatments.
- **Torn cartilage.** When a cartilage tears, you may experience decreased strength and a limited range of motion in the affected shoulder. You may also experience pain when moving your arm in certain ways. If you are suffering from a torn cartilage, physical therapy can provide relief.
- **Dislocation.** Dislocation of the shoulder occurs when the head of the humerus pops out of place. This type of injury is extremely painful and unfortunately makes you more vulnerable to recurrence after the first dislocation occurs.
- **Arthritis.** Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat. The immune system attacks the membranes surrounding the shoulder joint, resulting in pain and inflammation.
- **Tendinitis.** Tendinitis in the shoulder joint occurs when the joint is excessively overused. Symptoms include swelling and painful impingement when raising the affected arm. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing inflammation.



- **Frozen shoulder.** Medically referred to as "adhesive capsulitis," frozen shoulder can occur if you have been bedridden for an extended period of time or if your arm has been in a cast or sling for a while. When you don't have opportunities to exercise the shoulder, the tissues can stiffen up on you, thus causing this painful condition to occur.

Find effective shoulder pain relief today: Two of the biggest goals of physical therapy are 1) to alleviate your pain and 2) to improve your function. Your physical therapist will work with you to make sure that both of these are achieved throughout your physical therapy sessions. Your physical therapist will design a treatment plan specifically for you, which will include targeted stretches and exercises. If you are living with shoulder pain, don't let it limit your life any longer! **Find natural, safe, and effective relief with FYZICAL today!**

Call us today to schedule an appointment!

NEW YEAR, NEW YOU

BALSAMIC BERRY VINAIGRETTE SALAD

INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- 1/8 tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced



- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

DIRECTIONS

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>



With a new year comes a fresh start to an all-new you! Start the year off right by taking advantage of your renewed benefits early! Make the most of your 2021 benefits to achieve those New Year's resolution goals! The earlier you start your physical therapy, the sooner you can meet your insurance deductible for the year and avoid ending up with unused money in your FSA or HSA account.

Our highly experienced team offers specialized treatment services for any pain, injury, or discomfort you may be feeling. Let FYZICAL help you on your journey to becoming stronger, healthier, and more active in 2021.

FREE VIRTUAL WORKSHOPS



VIRTUALLY JOIN OUR BACK & ROTATOR CUFF WORKSHOPS WITH YOUR MOBILE DEVICE!

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code in the frame (this will take you directly to our Workshop Page)
3. Enjoy the workshops!



BACK PAIN



ROTATOR CUFF

YOUR HEALTH MATTERS TO US!

When you visit us, our team is committed to helping you feel confident that you are in good hands. As your health and wellbeing is our priority, we are:

- Screening all staff and patients at the clinic.
- Requiring that all patients and staff wear a face covering or mask.
- Asking that clients remain in their car until their appointment time.
- Requesting all visitors to use the hand sanitization station at entry.

• Our clinic's cleaning standards align with or far exceed prescribed CDC Universal precautions for healthcare facilities.

- We have adjusted how we schedule team members and clients to control volume safely.
- We are offering Telehealth services.

Remember that Physical Therapy is considered essential!

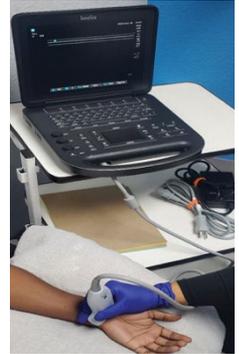
HOW CAN DIAGNOSTIC IMAGING HELP YOU?

Real View Diagnostics (RVD)

Musculoskeletal ultrasound (MSKUS) has become one of the most practical and rapid methods of producing images of the musculoskeletal system, and it can be performed readily and quickly in the clinic. Often, if too much time passes without accurate diagnosis, outcomes can be compromised and healing can be delayed. MSKUS allows your physical therapist to design the best treatment plan for you by allowing them to see directly inside the area of your pain to better identify problems such as joint swelling and arthritis, ligament and tendon tears/sprains, loose bodies, and nerve swelling and/or compression.



REAL VIEW DIAGNOSTICS



MSKUS also allows for imaging during movement (dynamic assessment,) giving your clinician the ability to provide a better mechanical assessment of joints and tendons in real-time. No other imaging modality can evaluate tendons during movement of the joint. This allows clinicians to bridge the gap between pain at rest and pain during movement.

MSKUS enhances the clinical understanding of patient conditions and improves patient outcomes. Often times, MSKUS is considered to be equally as effective as MRI in diagnosing movement dysfunction in a more cost-effective, painless and non-invasive environment. Additionally, ultrasound is safe for all patients, including all age ranges and those with surgical hardware. Some conditions that can be assessed with MSKUS include but are not limited to:

- Rheumatoid arthritis
- Osteoarthritis
- Tennis elbow & golfer's elbow
- Bursitis
- Tendonitis/tendinosis
- Carpal tunnel syndrome
- Rotator cuff dysfunction
- Knee injuries
- Ankle sprains
- Joint swelling
- Impingement syndromes

Given the current health climate including rising healthcare costs, MSKUS is a great option to quickly identify musculoskeletal problems, allowing your physical therapist the ability to provide specific treatment options for fast recovery and return to function.

Meet our physical therapists certified in this service:



Sabrina Skelton
MPT, PT, Cert. MDT



Teresa Olivas
MPT, PT Cert. MDT