

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

A SUBSIDIARY OF



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

SEASON OF RENEWAL

SEEK RELIEF TODAY!



**FYZICAL LAS CRUCES
CELEBRATES
21 YEARS OF
SERVICE!
DETAILS INSIDE**

INSIDE:

- Springtime Activities Physical Therapy Can Make More Enjoyable
- Healthy Recipe
- We Are Celebrating 21 Years Of Service!
- Free Virtual Workshops

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50% OFF BODYQ EXAM

We are offering 50% off a BodyQ exam to help prepare for a healthy return to activity. The BodyQ is a physical assessment on strength, flexibility, hearing, balance, and vision.



FYZICAL
Therapy & Balance Centers

For more information, call or go online.

915-875-1559
575-522-0766

fyzical.com/northwest-el-paso
fyzical.com/Las-Cruces

Springtime is here, and with it comes new beginnings, growth, and a chance to get started on reaching your fitness goals!

All of us have been stuck inside for months, so it goes without saying that now more than ever it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move. The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again!

Sometimes, however, the fear of sustaining an injury can prevent you from leading a healthy and active lifestyle. If you're in need of assistance for improving your mobility, physical therapy can help. Contact FYZICAL today to schedule an appointment.

How physical therapy can help you become more active for springtime. According to the HHS, "More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth." Finding the time or the motivation to exercise is difficult for many people, but with a season of renewal right around the corner for us, it's important to know what your options are when it comes to getting into shape!

Physical therapy is not only useful for people recovering from an injury or surgical procedure. FYZICAL physical therapists are movement

specialists who offer safe and natural ways of healing, as well as ways to improve your overall level of fitness so that you can enjoy physical activities this spring!

A physical therapist can evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

Our therapists can also teach you the proper techniques for warming up before your chosen activity and the best post-workout stretches for an effective cooldown.

SPRINGTIME ACTIVITIES PHYSICAL THERAPY CAN MAKE MORE ENJOYABLE

A physical therapy program can increase your fitness level and help you make the most of your favorite activities! Some of the most common activities that physical therapy can help you enjoy more fully are running, gardening, biking, and yoga.

Running. Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain are shin splints. These occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. They are normally due to poor alignment of the body, or weakness in the leg muscles. A physical therapist can help make sure your joint health is up to par before you hit the trails!

Gardening. Gardening usually requires you to get down on your hands and knees in the dirt! Physical therapy can help you to relieve any knee pain you've been experiencing that may keep you from spending time outside tending your flowers, fruits or vegetables. Severe knee injuries often include bone bruises or damage to the cartilage or ligaments, which a physical therapist can identify and remedy.

Biking. Biking is a super fun activity people enjoy doing as it warms up outside! Similar to running and gardening, however, biking can also prove to be difficult if you're suffering from injuries that have not healed, or chronic pain conditions that restrict your mobility. Physical therapy can help to mobilize your joints and help



you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Yoga. Yoga is a great way to gently increase your heart rate and improve your levels of flexibility. It also strengthens your muscles! Many physical therapy programs already incorporate stretches that are found in yoga routines, however, if yoga is your preferred method of fitness, a physical therapist can help ease chronic aches and pains that may be making yoga difficult for you. The better you feel about your abilities to do your stretches and poses, the more often you can take your mat outside to practice!

Spring into better health this season. FYZICAL offers many types of therapeutic methods to help athletes and weekend warriors alike to participate in whatever fitness or outdoor activity they love the most. **If you're interested in polishing up your physical abilities this season, call our clinic today to schedule an appointment.**

<https://www.hhs.gov/fitness/resource-center/facts-and-statistics/>

CALL US AT MALL DRIVE: 575-522-0766, LOCUST: 575-521-4188, OR NORTHWESTERN: 915-875-1559 TO SCHEDULE AN APPOINTMENT!

FREE VIRTUAL WORKSHOPS

zoom

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!



ROTATOR CUFF



BACK PAIN

STRAWBERRY & BANANA POPSICLES



INGREDIENTS

- 1 pound strawberries, washed and stems removed
- 1 large, ripe banana
- 1/2 cup vanilla yogurt
- 1/2 cup milk
- sugar to taste (optional: let the fruit do the work instead!)

DIRECTIONS

Add the strawberries, banana, milk, and yogurt to the bowl of a food processor or blender and blend until smooth. Taste and add sugar if needed, depending on the ripeness of your fruit and your taste preferences. Pour the liquid into popsicle molds (or even paper cups), insert the handles, and freeze until firm, generally overnight. Enjoy frozen the next day.

Recipe Courtesy: Melissa @ www.blessthismessplease.com

WE ARE CELEBRATING 21 YEARS OF SERVICE!

In May, we are celebrating our 21st anniversary! We are thankful for all of our past and present patients for trusting us in their care. The team at FYZICAL Las Cruces is prepared to serve patients with quality service, for many more years!



ANNOUNCING THE LAUNCH OF OUR NEW PARENT WEBSITE WWW.SWSPORTANDSPINE.COM

We are also celebrating the launch of our new parent website. Check it out to learn about all that SOUTHWEST SPORT & SPINE CENTER, INC. has to offer!

SOUTHWEST SPORT & SPINE CENTER, INC. was started in May 2000 by Denise and John Campbell. We specialize in comprehensive, non-invasive health care services tailored to match the needs of our community. We are inspired by patients that need more than what traditional health care offers. We are DRIVEN BY TEAMWORK and IMPROVING THE LIVES OF OUR PATIENTS and STAFF.

PUT THE PATIENT FIRST is our business mantra, so we seek advanced education and technology to provide top tier services. We feel that every patient is unique and it is important to treat the whole person. Today, we are a CUTTING-EDGE and RESEARCH-BASED company. We focus on patient-centered care to provide powerful health care you control. We are proud to offer a comprehensive approach to health care and invite you to learn more about us.

Please visit our websites at www.swsportandspine.com or call and request a tour.

FYZICAL Therapy & Balance Centers is a scientific-based physical and occupational therapy franchise. 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. We specialize in balance disorders, aquatic therapy, conservative spine care, sports medicine, worker's compensation, and chronic pain. There is nothing like us between Denver and Dallas.

Real View Diagnostics offers Musculoskeletal Ultrasound and Electromyography. We recognize that many people in our community suffer from pain and need cost-effective, specialized imaging. At Real View Diagnostics, we give you and your physician fast imaging results at a fraction of the cost of an MRI.



REAL VIEW DIAGNOSTICS

Breathing Science Institute.

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.



Occusport. 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!



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... coming soon.

