

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

A SUBSIDIARY OF



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

SEEK AQUATIC THERAPY FOR STRENGTH & RELIEF

SEEK RELIEF AT FYZICAL TODAY!



INSIDE:

- What Does Aquatic Therapy Aim To Do?
- Healthy Recipe
- Prepare To Swim In The Water Safely!
- Sudoku

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DISCOVER THE BENEFITS OF AQUATIC THERAPY



Aquatic therapy is a type of physical therapy treatment that takes place in water, generally in an in-clinic pool. It is also commonly known as hydrotherapy and aquatic rehabilitation. The soothing properties of aquatic therapy can benefit you if you are seeking pain relief and relaxation.

To learn more about how our licensed physical therapists can assist you with aquatic therapy treatments, contact FYZICAL today!

What are the benefits of aquatic therapy? Water's natural properties set the stage for a very therapeutic environment. Did you know that aquatic therapy is a method of relief that has been practiced for hundreds of years by many cultures?

The ancient Romans and Greeks bathed in hot springs for relaxation and to improve circulation. Hippocrates believed hot springs could heal sickness. Swiss monks were known to use thermal waters to treat sick people. The Japanese use hot springs to treat skin problems and relieve chronic pain.

Just a few of the many benefits of aquatic therapy include:

- **Relief.** It can help provide relief for many conditions, including arthritis, chronic pain, lower back pain, orthopedic injuries, sprains, strains, and tendonitis.
- **Relaxation.** It provides a soothing and relaxing environment for aching muscles and joints.
- **Resistance.** Its natural resistance can be used to increase the rehabilitation process and strengthen muscles.
- **Hydrostatic pressure.** With its hydrostatic pressure, you are supported and do not have to fear falling while performing exercises.
- **Buoyancy.** Water has a natural buoyancy for flotation and reduces gravity on aching muscles and joints. There is less pain when you exercise in water.
- **Breathing.** The respiratory muscles are forced to work harder during aquatic therapy, which helps you breathe better.
- **Wave propagation/turbulence.** Wave propagation and turbulence allow your physical therapist to gently manipulate your body.

WHAT DOES AQUATIC THERAPY AIM TO DO?

The goals of aquatic therapy include:

- Enhancing the healing process to decrease recovery time.
- Building muscle strength and endurance.
- Improving flexibility and movement.
- Reducing stress and promoting relaxation.
- Improving coordination and balance.
- Assisting with locomotion and gait.
- Increasing aerobic capacity for better health.

Aquatic therapy may be added to your physical therapy treatment plan under the discretion of our physical therapist. He or she will assist you in the movements that will best help you find relief.

Get started with aquatic therapy: Aquatic therapy sessions are very organized and typically begin with a warm-up. It is likely that your sessions will start out as gentle, low-resistance exercises to target the lower and upper extremities. This may include brief walking and light stretches. Then they will turn to more advanced cardiovascular and core activities, such as running, squatting, arm swings, and leg swings, all performed in the water.



After your session, you will also have some cool down methods. In many clinics, there will be a massage hose that provides a deep tissue massage-like experience. This prevents lactic acid from building up.

Aquatic therapy is a specialized form of physical therapy that we are happy to offer at FYZICAL. Our physical therapists recognize the positive effect of applying this water modality to a patient's treatment program. It improves motion and functionality while simultaneously allowing the muscles to relax.

If you are looking for relief and relaxation, aquatic therapy will likely be beneficial to you. [Contact FYZICAL today to get started!](#)

Mall Drive: 575-522-0766 | Locust Street: 575-521-4188 | Northwestern: 915-875-1559

SUDOKU

9			3			2	1	7
	3	1	7					8
						4		6
2	9			8				3
		3			6			
4			1				9	5
8		9						
5					6	3	2	
3	4	2			5			9

<http://1sudoku.com>

n° 23419 - Level Medium

CAULIFLOWER STEAKS WITH ROASTED RED PEPPER



INGREDIENTS

- 1 cauliflower
- ½ tsp smoked paprika
- 2 tbsp olive oil
- 1 roasted red pepper
- 4 black olives, pitted
- small handful parsley
- 1 tsp capers
- ½ tbsp red wine vinegar
- 2 tbsp toasted flaked almonds

DIRECTIONS

Heat oven to 220C/200C fan/gas 7 and line a baking tray with baking parchment. Slice the cauliflower into two 1-inch steaks – use the middle part as it's larger, and save the rest for another time. Rub the paprika and ½ tbsp oil over the steaks and season. Put on the tray and roast for 15-20 mins until cooked through. Meanwhile, make the salsa. Chop the pepper, olives, parsley and capers, and put into a bowl and mix with the remaining oil and vinegar. Season to taste. When the steaks are cooked, spoon over the salsa and top with flaked almonds to serve.

<https://www.bbcgoodfood.com/recipes/cauliflower-steaks-roasted-red-pepper-olive-salsa>

PATIENT SUCCESS SPOTLIGHT



They included me in every aspect of care!

"Bridget and her entire team are amazing! They helped me solve my 6 year problem in less than 2 months, when others including neurologist and multiple chiropractors could not. They were all very genuine and knowledgeable. They included me in every aspect of care. The environment is clean with staff greeting you everywhere. I am very grateful for Bridget and her staff!" - **Jennifer W.**



**WE MAKE IT
EASY TO LEAVE
A REVIEW!**

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review page)
3. Explore our website!



MALL DRIVE

LOCUST STREET

NORTHWESTERN



PREPARE TO SWIM IN THE WATER SAFELY!



Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. These important swimming safety tips are what you should be aware of before you head out to the pool or beach.

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.

Join Us In

CELEBRATING 20 YEARS!

OPEN HOUSE

Saturday, June 27th

Join us in celebrating 20 years of serving Las Cruces and El Paso. May 1st, 2020 marked 20 years in business. Southwest Sport & Spine Center, Inc. started as a 600 sq. ft office and 3 staff. We are now part of a franchise called FYZICAL Therapy & Balance Centers with 3 locations and 70 staff.

The COVID-19 pandemic has challenged our business just like all businesses. We have not had the pleasure of caring for patients as we normally would have but, instead, we have provided essential care to those that needed it most and spent countless hours over the past 3 months preparing for what we would look like moving forward. Join us in celebrating 20 years and experiencing for yourself our new normal.

LOCUST STREET CLINIC

2404 S Locust St., Ste 5
Las Cruces, NM 88001
P: 575-521-4188
F: 575-521-3668

NORTHWESTERN CLINIC

1845 Northwestern, Suite B
El Paso, Texas 79912
P: 915-875-1559
F: 915-877-9357



We will host an open house on Saturday, June 27th at both our 2404 S. Locust St Las Cruces, NM, and 1845 Northwestern Dr. El Paso, TX locations. You can expect to follow state-mandated guidelines while at the same time participating in drawings, enjoying food and beverages, and taking a virtual tour of all things FYZICAL.



**Please follow us on Facebook
or visit our website for
updates.**

fyzical.com/las-cruces | fyzical.com/northwest-el-paso

Prepare Yourself for the Summer With These 5 Simple Tips

1. Get outside! This may seem like an obvious one, but not everyone has a strong interest in the outdoors. It can sometimes be difficult, especially on particularly hot or humid days. However, getting outside as often as you can will boost your energy levels and get you some much-needed Vitamin D. Make your way over to your local pool, peruse around nearby shops, or simply take a walk around the neighborhood to get out, get moving, and enjoy the weather!

2. Rearrange your schedule. Does your schedule leave little time to fit in physical activity? Perhaps you have a full day of commuting to and from your 9-5 job, preparing your kids for summer camps, volunteering, and acting as a chauffeur while the kids are out of school. However, even adding in 30 minutes of physical activity into your busy routine can make a big difference in helping maintain your function. Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

3. Get healthy for your summer team. Are you part of a summer sports team? If so, it is important to make sure you prepare your body for the upcoming season beforehand! Use this time to start training, maintaining a nutritious diet, and strengthening the necessary parts of your body. At FYZICAL, we also offer training and performance classes to train your body for your specific sport! Contact us to find out how we can get you to your peak performance for your summer team.

4. Start something new! Are you unsure about what you want to do in terms of staying active this summer? Try taking up a new hobby that'll get you moving! There are several outdoor activities that'll allow you to take advantage of the warm weather, such as beach volleyball, running clubs, kayaking, rock climbing, or hiking. Try your



hand at some of these to see which suits you best! Any new physical hobby will help you get the exercise you need.

5. Contact us for help. At FYZICAL, we want to make sure you stay safe this summer – we want you to be able to enjoy it! If you find yourself in any sort of pain, or if you'd simply like some extra motivational assistance, don't hesitate to contact us. Our mission is to help you achieve a healthy mind, body, and spirit through our services, whether that be for physical therapy or fitness training. Whatever the case may be, we are here to help.

Contact us today to schedule a consultation and discuss your fitness goals with one of our licensed physical therapists and athletic trainers.



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