

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

A SUBSIDIARY OF

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



WE ARE CELEBRATING

21 YEARS

OF SERVICE

INSIDE: • How Can Physical Therapy Help?

• Sudoku

• Healthy Recipe

• Recover From Work-Related Injuries

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"Powerful results to get you **BACK** into action."



EFFECTIVE RELIEF FOR OFF-SEASON SPORTS INJURIES

Did you know that according to the U.S. Centers for Disease Control, over 2 million high school athletes suffer from sports-related injuries annually? Additionally, 3.5 million kids under the age of 14 also receive treatment for sports-related injuries annually. This doesn't even include the number of adult athletes that get injured from a sport. It is especially common for off-season sports injuries to occur during conditioning exercises when the body is out of season. Whatever age you are, or level of physical ability you may have, physical therapy can help you in enhancing the healing process if you have sustained an off-season sports injury. With our sports injury rehabilitation programs, we will help you heal as quickly as possible, with the goal for you to be able to return to your sport before the season starts.

If you are looking for a way to recover ASAP, contact FYZICAL Las Cruces today to consult with one of our physical therapists.

I have a sports injury – how did that happen? "Sports injury" is a term that can be used to describe any injury sustained while exercising or performing some sort of athletic activity. There are two ways in which sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as improperly lifting heavy weights at the gym or running in ill-fitted shoes. Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Whatever may have caused your off-season sports injury, FYZICAL Las Cruces can help you find relief. Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, please contact us as soon as possible. Any injury left untreated can become more severe over time.

Sports injuries can typically be placed into two categories: acute or overuse. Acute injuries are caused by a single specific incident, such as:

- Sprains
- Strains
- Fractures
- Tears

Overuse injuries are caused by excessive repetitive movements over time. Some examples of overuse injuries include:

- Frozen shoulder
- Flexor tendinitis
- Shin splints
- Tennis elbow
- Golfer's elbow

HOW CAN PHYSICAL THERAPY HELP?

The overall goal of physical therapy is healing and prevention. In addition to treating the injury, our physical therapists will help strengthen the affected area, in order to prevent additional injury from occurring. Our physical therapists will also provide you with helpful warm-up and cool-down techniques for your sport, in order to lower your risk of sustaining another injury. At FYZICAL Las Cruces, our physical therapists will create a treatment plan for you, based on your individual needs. Physical therapy is a natural and holistic approach to healing, including services such as:

- **Manual therapy.** This may include massage or joint mobilizations.
- **Modalities.** This may include specialized treatments that your physical therapist has been certified to perform, such as ultrasound or electrical stimulation.
- **Therapeutic exercises.** This may include any targeted movement to help you find relief, including, but not limited to: area-specific exercises, balance and coordination exercises, muscle performance exercises, range of motion exercises, posture exercises, and relaxation exercises.

Physical therapy has been proven to be successful in treating both acute and chronic injuries, such as ligament sprains, muscle strains, plantar fasciitis, bursitis, tendonitis, and more. Your physical



therapist will teach you about what your body is experiencing and the recovery process it will go through. You and your physical therapist will work together to help you reach your physical goals, allowing you to be engaged and active in your rehabilitation.

Physical therapy offers so much more than current symptom relief - it offers sports injury prevention and natural performance enhancement. If you are an athlete who has sustained an off-season sports injury, we can help you heal and build strength for the season ahead.

Take your recovery to the next level with our physical therapy team. **Confirm your appointment with one of our experienced physical therapists today and get started on your personalized treatment plan!**

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

SUDOKU

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<http://1sudoku.com>

n° 227580 - Level Medium

GRILLED CHICKEN CAPRESE



INGREDIENTS

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

DIRECTIONS

Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

PATIENT SUCCESS SPOTLIGHT



They've done a great job of listening to my challenges due to injuries and/or conditions!

"Dr. Bitton and his staff have been caring, patient, and provided professional service on each of my visits. They've done a great job of listening to my challenges due to injuries and/or conditions. I appreciate the way they explain what's contributing to my pain and how the therapy and at home exercises will help me feel better and live better." - **Yvette M.**



**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



RECOVER FROM WORK-RELATED INJURIES



A seemingly minor work injury can result in major issues that can cause a lifetime of problems if you don't seek appropriate treatment. With a combination of manual therapy and therapeutic exercise, our experts will reduce your pain and disability and improve your function and mobility.

If you are injured at work, our providers at FYZICAL Therapy & Balance Center can help you get back to work and living in a safe and timely manner. The most common problems resulting from a work-related injury include back and neck injuries such as, fractures, whiplash, herniated discs and radiculopathy.

Your recovery is in the hands of an experienced team of FYZICAL therapists who will:

- Thoroughly evaluate your condition
- Design a personalized treatment program to increase your strength, mobility, and endurance
- Teach you how to minimize your chance for re-injury
- Work closely with your doctor, case manager, and insurance company every step of the way

Don't wait to seek treatment for a painful work injury. **For more information, Contact Us Today at Las Cruces, NM Center.**