

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER

POWERED BY



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

## HOW PHYSICAL THERAPY CAN HELP YOU RESOLVE SHOULDER PAIN



### INSIDE:

- How Physical Therapy Can Help
- Real View Diagnostics
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- Patient Success Spotlight

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## REACH OUT FOR RELIEF FROM SHOULDER PAIN

### PHYSICAL THERAPY CAN HELP



Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy. At FYZICAL, we have the solutions that you are looking for! Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion. This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain. Call FYZICAL today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

**Understanding your shoulder.** Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement. The shoulder has the following essential structures:

- **The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.
- **The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.
- **The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

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

**Common conditions that cause shoulder pain.** Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore. The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.
- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of 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, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

*(continued inside)*

# HOW PHYSICAL THERAPY CAN HELP

*(continued from outside)*

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. A physical therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapist at FYZICAL will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

**Call today to find effective shoulder pain relief!** Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your physical therapist will work with you to ensure that both are achieved throughout your physical therapy sessions. If you are living with shoulder pain, don't let it limit your life any longer. **Call FYZICAL today to find relief once and for all!**



Sources: <https://www.jospt.org/doi/full/10.2519/jospt.2020.8498>  
<https://www.jospt.org/doi/10.2519/jospt.2015.0110>  
<https://www.scienceirect.com/science/article/abs/pii/S2468781218302479>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>

Mall Drive: 575-223-2805 | Locust Street: 575-243-8097 | Northwest El Paso: 915-248-1227

## Anniversary Celebration

Staff and patients at FYZICAL celebrated our 22nd anniversary of serving the greater Las Cruces and West El Paso communities. Patients were able to pick up their FYZICAL anniversary cookie to help celebrate! We want to send a big THANK YOU to all the patients and referring providers who have trusted us with their health and wellbeing over the years.



**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

NORTHWEST EL PASO



## PATIENT SUCCESS SPOTLIGHT



### Provided the best experience possible!

"I have been coming here for over 2 months for post-surgical therapy. Isabella and Alyssa have been outstanding. Their guidance, patience, and motivation have provided the best experience possible. My shoulder is as good as new! Thank you!" — Arthur H.

## HEALTHY RECIPE: PROTEIN PB & J SMOOTHIE BOWL



### INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tbsp melted peanut butter for drizzling, blueberries, chia seeds

### DIRECTIONS

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>

## REAL VIEW DIAGNOSTICS



REAL VIEW DIAGNOSTICS

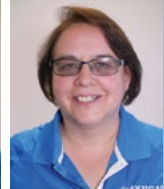
**HandsOn**  
DIAGNOSTICS  
APPROVED DIAGNOSTICS CENTER



**Teresa Olivas**  
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**Sabrina Skelton**  
MPT, PT, Cert. MDT



**Denise Campbell**  
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FAAOMPT, OCS

**Southwest Sport & Spine Center, Inc** has provided physical therapy and sports medicine to Southern New Mexico and West El Paso for **20 years**. It now offers **Musculoskeletal Ultrasound and Electromyography through our subsidiary, Real View Diagnostics.**

We recognize that many people in our community suffer from pain and need **cost-effective, specialized imaging**. Real View Diagnostics offers fast imaging results for patients and physicians through Musculoskeletal Ultrasound and Nerve Conduction Studies, which allows you and your doctor to receive information about your pain **quickly**.

Most physicians recommend an MRI for diagnostic imaging, but often there are long wait periods for insurance approvals, and if not covered by insurance, an MRI costs thousands of dollars. Although highly popular, MRIs show still images, unlike Musculoskeletal Ultrasound, which offers patients immediate images of their muscles in motion.

**At Real View Diagnostics, we give you and your physician fast imaging results at a fraction of the cost of an MRI to help set you on a path to wellness.** Here are some of the diagnostic services we provide:

- Numbness in fingers and toes
- Burning sensations
- Back & neck pain
- Myopathy
- Diabetic Neuropathy
- Rotator cuff tears
- Tendinitis of the elbow, wrist, hand, knee, and ankle
- Arthropathies
- Neuromas & ganglia

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