

THE



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Therapy & Balance Centers

NEWSLETTER

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IS IT JUST OLD AGE OR OSTEOARTHRITIS?

SCHEDULE AN APPOINTMENT TO GAIN RELIEF

INSIDE:

- How Can Physical Therapy Help Osteoarthritis?
- We Make It Easy To Leave A Review!
- 5 Ways To Invest In Your Health Today
- Patient Success Spotlight

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OSTEOARTHRITIS IS A PAIN!

PHYSICAL THERAPY CAN HELP



As we all age, our bodies experience a certain "wear and tear" on cartilage and joints. This can cause inflammation and pain, known as arthritis. According to the American Arthritis Foundation, Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one's body, resulting in achy or painful joints after exercise, after a long day on one's feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you've already used these joints a multitude of times. Therefore, it isn't surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give one of our physical therapists a call today to discuss pain relief.

Why do we experience Osteoarthritis? While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren't very active. Your cartilage works hard to protect your joints by absorbing the natural shocks

that your body experiences on a daily basis. Therefore, much of your likelihood regarding Osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. As cartilage wears down, Osteoarthritis becomes much more common.

As Osteoarthritis progresses, more symptoms can arise. The most common symptoms are:

- Joint pain.
- Swelling or tenderness in or around the joint(s).
- Inflammation or flare-ups of pain in the joint(s) after use.
- Feeling stiff after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- Crepitus - also referred to as a "cracking or crunching" feeling when moving the joint(s), or the sound of bone rubbing on bone.

(continued inside)

HOW CAN PHYSICAL THERAPY HELP OSTEOARTHRITIS?

(continued from outside)

According to the American Occupational Therapy Association, 1 in 5 adults are diagnosed with arthritis annually. Physical and occupational therapy are the most common treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions. If you have arthritis, don't fret - there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution. Physical therapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution. Occupational therapy will also help in learning to use your joints in new ways once again, allowing for the highest quality of life despite the severity of your arthritis.

Our physical therapists are trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. They are dedicated to helping you get back to your normal levels of mobility. Don't settle for a life of aches and pains - physical therapy can get you back on your feet and doing the activities you used to love! If you are suffering from Osteoarthritis, give us a call today - we can get you back to living your best, most pain-free life.



Sources: [https://www.aota.org/~media/Corporate/Files/AboutOT/Professionals/WhatsOT/PA/Facts/Arthritis%20fact%20sheet.pdf](https://www.aota.org/~/media/Corporate/Files/AboutOT/Professionals/WhatsOT/PA/Facts/Arthritis%20fact%20sheet.pdf)
<https://www.arthritis.org/>

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

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I will definitely use their services again!

"This is my second time using Fyzical. If I need physical therapy in the future, I will definitely use their services again! They are an amazing group of professionals who truly care about their patients physical health and well-being and helping them get their lives back on track. Amanda, Tanya, Montana, Sydney, Jacob and the entire staff- including the courteous front desk-work so great together and they took my pain away! Thank you Fyzical!!!!" — C.H.

HEALTHY RECIPE: BAKED FALAFEL

INGREDIENTS

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander



- 2 tsp cumin
- 2 tsp baking powder
- 2 TBS ground flaxseed
- 1 TBS olive oil

DIRECTIONS

Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 TBS of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 minutes, flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>

5 WAYS TO INVEST IN YOUR HEALTH TODAY



1. Make sure to eat healthy. Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

2. Exercise regularly. We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

3. Get to sleep at a decent hour. Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."

4. Have a primary care physician. When they don't feel good, they turn to express medical centers (which can be quite pricey and time consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

5. Pay attention to your mental state of being. Being healthy is about more than just your physical state. Your mental and emotional wellbeing are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.

Source: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>