

THE



FYZICAL[®]

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 ALLEVIATE CHRONIC PAIN

SCHEDULE AN APPOINTMENT TO GAIN RELIEF

INSIDE:

- What Is Chronic Pain?
- We Make It Easy To Leave A Review!
- Back To School Backpack Safety
- Patient Success Spotlight

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WAVE GOODBYE TO CHRONIC PAIN FOR GOOD! PHYSICAL THERAPY CAN HELP



Have you been living with chronic pain? Are you willing to do what it takes to feel good again? At FYZICAL, our physical therapist uses the most advanced strategies to help you manage your pain and, for some, eliminate it altogether!

September is Pain Awareness Month, and in honor of this, FYZICAL would like to provide you with some vital information regarding the origins of pain and how physical therapy can help manage and alleviate it. Pain is very complex. Gone are the days when ignoring or pushing through your pain was the best solution. Fortunately, our team understands the complexity of pain and, more importantly, how to alleviate it once and for all! Pain happens for several reasons and manifests in different ways. Understanding the source of your pain is one of the first steps to combat it and prevent it from returning in the future. Our clinic specializes in treating people from all backgrounds and experiences with pain. We are trained professionals who will have you feeling your best in no time at all.

If you're experiencing discomfort or have noticed that your ability to do your usual activities has dwindled, it's time to call in our team of physical therapists from FYZICAL.

Understanding the source of your pain. How long you've been experiencing pain, where it developed, and how it manifests are significant distinctions that can help shed some light on what may be causing your condition. It is also essential to understand that the intensity of your pain is not always the more reliable characteristic for finding relief. Too often, people focus only on the intensity of their pain which is influenced by stress levels and societal or familial beliefs. The location and duration of pain are effective, reliable ways to manage and alleviate your pain once and for all.

When you meet with a FYZICAL physical therapist, you'll have a conversation about your pain to determine how it started, when it began, where it began and how it behaves (i.e., what makes it better or worse). There are also some things to consider before heading into physical therapy:

- Try to remember or identify precisely where the pain occurs in your body. Pain that is localized can be easier to identify the possible tissue that is causing it. When pain is more diffuse, it can be trickier to figure out what is causing it.
- Consider how the pain feels. Is it a steady ache or sharp and intermittent? Is it more of a tingling or prickly feeling? Each sensation is associated with different types of problems, so describing your pain appropriately may help determine the best treatment methods for your body's needs.
- Does it get worse with activity or inactivity? For some people, there are specific movements that cause pain. For others, the issue is due to the quantity of accumulation of activity and not a specific event. One of the most common misunderstandings is that pain needs something to worsen, but in reality, many people get worse from a prolonged position or improper posture.

No matter what, our physical therapists can help! We are experts and weeding through the possibilities and clarifying what is causing the pain. Our goal is to help you resolve it once and for all!

(continued inside)

WHAT IS CHRONIC PAIN?

(continued from outside)

Our bodies sustain injuries and experience pain no matter how careful we are. Too often, people wait too long to seek help, which can make the situation more complicated and lead to chronic pain. Chronic pain is pain that persists past normal healing time and lasts or recurs for more than 3 to 6 months.

Although most people think of chronic pain as a continuous problem, most of the time, it is cyclic in nature. Typically an individual will have an episode of pain that gets better only to be followed by a recurrence, followed by yet another recurrence. As time goes on, the frequency and duration of the pain get longer, whereas the periods where it is less problematic grow shorter.

Seeking help from the physical therapists at FYZICAL can make all the difference. Identifying the underlying cause of your pain and figuring out the possible triggering events can lead to a reversal of the condition and eventual relief.

How physical therapy can help. Physical therapists are trained in identifying and treating the cause of your pain. This allows you to shift away from using pain medication and instead find relief with strategies that include manual therapy, stretching, muscle building, and cognitive behavioral therapy. Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain. Our therapists will work with you to identify solutions that fit



your lifestyle and offer lasting results. The combination of physical therapy with psychological approaches has been shown to be the most effective way to improve physical function and resolve chronic pain struggles.

Our clinic uses several manual therapy techniques that focus on the areas you're experiencing pain or movement restrictions. When the reason for your pain is determined, we assist you through movement to regain optimal function in each joint, muscle, or other tissue causing the pain. Our physical therapist is as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

Request an appointment with us today. The result of physical therapy at FYZICAL is that you can live the active life you want, free of painful limitations. Call our office today and set up an appointment with one of our specialists!

Sources: <https://www.tandfonline.com/doi/abs/10.1080/09593985.2019.1633714>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4450869/>
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<https://www.tandfonline.com/doi/abs/10.1080/10833196.2018.1483550>

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

SUDOKU

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MALL DRIVE

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It is the best therapy I've ever experienced!

"Great therapy! They explained everything to me about why I was having pain in my hands, back, and neck. It is the best therapy I've ever experienced. I highly recommend the Northwest El Paso FYZICAL Therapy & Balance Center! Thanks to the friendly, helpful staff for everything!" — **K.M.**

BACK TO SCHOOL BACKPACK SAFETY



Aching backs and shoulders? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

Loading the backpack:

- A child's backpack should weigh no more than about 10% of his or her body weight.
- Arrange books and materials so they won't slide around in the backpack.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.

Wearing the backpack:

- Distribute weight evenly by using both straps.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- Only put items in your backpack that you need for the day.

BREATHING SCIENCE



Diaphragmatic breathing has an extremely therapeutic effect on chronic pain. It has a major influence on relaxing the muscles which tense up as a result of pain and in turn further aggravate the pain itself. Experts insist that individuals with tensed muscles and in an anxious state of mind are generally known to breathe through their chest. This type of breathing will lead to a disruption of the balance of oxygen and carbon dioxide, which are essential to be in a relaxed state. It is this state of health that the correct technique of diaphragmatic breathing facilitates. Diaphragmatic breathing helps in the treatment process of chronic pain in a number of ways. Here we list the key benefits.

- 1. Helps in relaxation** – Deep breathing is perceived crucial to many relaxation procedures and can independently induce a relaxed frame of mind.
- 2. Distraction strategy** – Deep breathing makes you concentrate hard on the breathing process, thus taking your mind away from pain or other stressors.
- 3. Reverses physical symptoms of anxiety** – When anxious or stressed, people often take shallow, rapid breaths or might even hyperventilate. This can further result in dizziness, blurred vision, pins and needles and chest pain. Slow and deep breathing helps reduce these symptoms to a major extent.

It also improves circulation and facilitates the most efficient exchange of oxygen and carbon dioxide with the minimum amount of effort.



**Breathing
Science
Institute**