

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



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

HOW LOWER BACK PAIN & NECK PAIN ARE CONNECTED

SCHEDULE AN APPOINTMENT TODAY



INSIDE:

- How Physical Therapy Can Help
- Arthritis & Cold Weather
- We Make It Easy To Leave A Review!
- Patient Success Spotlight

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RELIEF FROM NECK & BACK PAIN IS ONE CALL AWAY!

PHYSICAL THERAPY CAN HELP



Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine are connected. At FYZICAL, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body. Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other.

The good news is that with guidance from our physical therapists at FYZICAL, you can find solutions to your pain and learn how to help prevent future episodes!

How Pain In The Spine Is Connected To Your Neck

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system, breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other.

Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves.

When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our neck requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity.

If you are experiencing neck pain, back pain, or a combination of both, our physical therapists will be more than happy to meet with you for a consultation to discuss how they can help.

(continued inside)

HOW PHYSICAL THERAPY CAN HELP

(continued from outside)

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas.

After your initial consultation, we will create a specialized treatment plan based on your specific needs. At FYZICAL, our physical therapist's end goal is the same as yours – to get you feeling better!

What To Expect In Physical Therapy

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

Limit Sitting For Too Long

Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically

throughout the day. Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

Use Good Posture

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in one position for extended periods, but when you need to sit or stand for long periods, find a “good” posture.

For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out — lifting you up — keeping your hips, spine, shoulders, and neck aligned. Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

Call Our Clinic Today

Visit a physical therapist at FYZICAL for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back pain or neck pain, give us a call today!

Source: https://journals.lww.com/md-journal/fulltext/2017/05190/trends_in_diagnosis_of_painful_neck_and_back.3.aspx
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>
<https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-020-03871-5>

(continued inside)

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

SUDOKU

		8				4		
1	6							7
	7		2					1
8	3				7			
5			6	1	4			3
			5				6	9
	8				2		9	
6							2	1
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<http://1sudoku.com>

n° 322127 - Level Hard



**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



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 and Balance Center! Thanks to the friendly, helpful staff for everything!" — **K.M.**

ARTHRITIS & COLD WEATHER

Do you notice that your arthritis becomes more painful in the winter? Does it become harder to go about your daily activities? Arthritis can hinder many qualities of life — from work to hobbies to overall mobility. Some people are so affected by arthritis that they cannot work and have to go on disability.

If you are suffering from the chronic pain of arthritis, or you think you might be, call FYZICAL to schedule a consultation with one of our physical therapists. Physical therapy is a safe, healthy, and effective way to treat arthritic pain.

Although cold weather does not cause arthritis, it can aggravate existing aches and pains. According to the Arthritis Foundation, cold temperatures can increase pain sensitivity, slow blood circulation, and cause muscle spasms. Luckily, there are some things you can do to help alleviate your arthritis symptoms in the winter, including:

- **Keep warm.** If the winter chill bothers your joints, the best antidote is to bundle up! Layer up with hats, gloves, and scarves. You could also take a warm bath to help your stiff joints.
- **Exercise.** When you're in pain, exercise might be the last thing on your mind. But did you know that getting active is the single most effective way to alleviate arthritis pain and keep your joints happy? Exercising can include anything from taking a yoga class to walking around your neighborhood.
- **Practice healthy eating habits.** Did you know that your diet can contribute to your levels of inflammation and, consequently, how much pain you're in? Opting for anti-inflammatory foods can significantly improve arthritis symptoms.

If you believe you need some extra help when it comes to pain relief this season, don't hesitate to contact FYZICAL. Our dedicated team can help you start feeling better, so you can focus on enjoying this winter with your loved ones.

HEALTHY RECIPE: GARLIC WHOLE WHEAT PASTA

INGREDIENTS

- 8 oz whole wheat spaghetti
- ½ cup vegetable stock
- 5 cloves garlic (minced)
- ½ tsp red pepper flakes
- ¼ cup parsley or basil (coarsely chopped)
- Vegan Parmesan Cheese (optional)



DIRECTIONS

Prepare whole wheat pasta according to package directions. Add vegetable stock to a large sauté pan on medium-high heat. Add garlic and crushed red pepper flakes. Cook until garlic softens and becomes fragrant about 8 minutes. Stir frequently so that garlic doesn't burn. Add pasta and ¼ cup of reserved pasta water to the sauté pan. Toss together until combined. Add parsley and salt and pepper to taste. If pasta seems too dry add a little more pasta water. Sprinkle with red pepper flakes and optional vegan parmesan cheese.

<https://www.keepingthepeas.com/lazy-vegan-recipes/>

DON'T LET YOUR BENEFITS GO TO WASTE!

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your physical therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2023.

Have you undergone surgery recently? **Call us today at Mall Drive: 575-223-2805, Locust Street: 575-243-8097, or Northwest El Paso: 915-248-1227** to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.



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