

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER

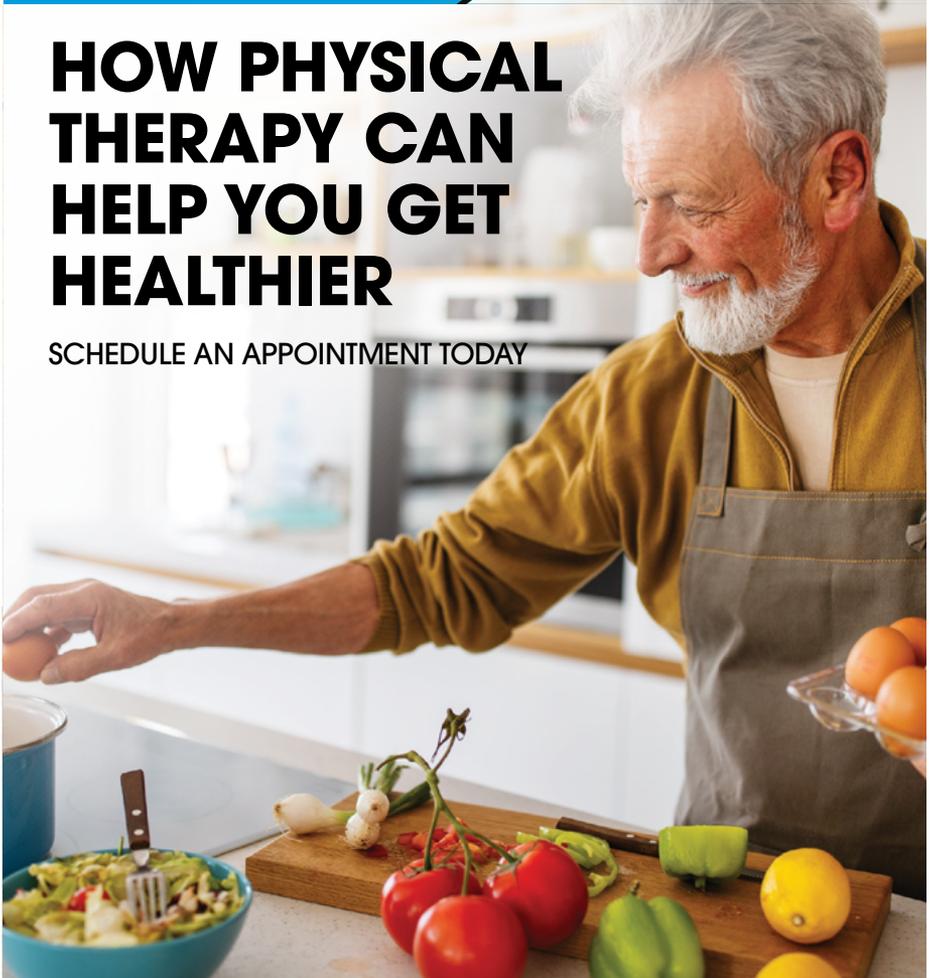
POWERED BY



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

## HOW PHYSICAL THERAPY CAN HELP YOU GET HEALTHIER

SCHEDULE AN APPOINTMENT TODAY



### INSIDE:

- How Physical Therapy Can Help You
- How to Approach a New Year's Resolution
- We Make It Easy To Leave A Review!
- Patient Success Spotlight

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER

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

## IT'S TIME TO ENJOY A HEALTHIER LIFE!

### PHYSICAL THERAPY CAN HELP



Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At FYZICAL, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life! When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist. Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life! Contact FYZICAL today to find out more about how our services can help you live a healthier, stronger, and more active life!

**What Does it Mean to be Healthier?** Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

- 1. Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.
- 2. Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.
- 3. Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.
- 4. Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.
- 5. Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.

*(continued inside)*

# HOW PHYSICAL THERAPY CAN HELP YOU

*(continued from outside)*

**6. Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.

**7. Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

**How Physical Therapy Can Help You.** Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant



part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

**Contact our clinic today to make an appointment.** Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at FYZICAL would love to help you live the highest quality of life possible. Contact us today to begin your new chapter toward becoming a healthier you!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/>

<https://academic.oup.com/ptj/article/95/10/1433/2686492>

*(continued inside)*

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

## SUDOKU

	4		3	8				
					1	3		6
				6	5		7	
		5						4
6	2			5			8	7
3						2		
	3		8	9				
2		8	5					
			3	6			5	

<http://1sudoku.com>

n° 329053 - Level Hard

## HEALTHY RECIPE: TEN MINUTE TUNA MELT

### INGREDIENTS

- 1 5-oz can no-salt-added water-packed tuna, drained
- 1 small celery stalk, chopped
- 2 tbsp chopped roasted red pepper
- 1 scallion, minced
- 3 tbsp low-fat plain Greek yogurt
- 1 tsp Dijon mustard
- ¼ tsp ground pepper



- 4 tsp mayonnaise/softened butter
- 4 slices whole-grain bread
- 2 slices sharp Cheddar cheese

### DIRECTIONS

Stir tuna, celery, roasted red pepper, scallion, yogurt, mustard and pepper together in a medium bowl until well blended. Spread 1 teaspoon mayonnaise (or butter) on one side of each slice of bread. Flip 2 of the slices and top each with half of the tuna mixture, 1 slice cheese and another slice of bread, mayonnaise-side up. Heat a large skillet over medium heat. Place the sandwiches in the pan and cook, turning once, until the cheese is melted and the bread is golden, 3 to 5 minutes per side. Serve immediately.

<https://www.eatingwell.com/recipe/7907251/10-minute-tuna-melt/>

## PATIENT SUCCESS SPOTLIGHT



### Timely and accurate testing!

"As a medical provider, I feel that we are blessed to have a Real View Diagnostics in the Las Cruces area. Sabrina and the staff provide timely and accurate testing, provide suggestions for treatment, and in general, help to take care of the patient as a whole. I highly recommend them." — P.G.

## HOW TO APPROACH A NEW YEAR'S RESOLUTION

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be? It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at FYZICAL is confident in your ability to hit your goals.

## REAL VIEW DIAGNOSTICS



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**.

**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

575-215-1580 Las Cruces, NM | 915-777-3006 Canutillo, TX  
RealViewDiagnostics.com



### 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

