

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



Southwest Sport & Spine Center, Inc.
"Powerful results to get you BACK into action." EST. 2000

VISIT US

MALL DRIVE CLINIC

1181 Mall Dr., Suite C,
Las Cruces, NM, 88011

P: 575.223.2805

LOCUST STREET CLINIC

2404 S Locust St, Suite # 5,
Las Cruces, NM, 88001

P: 575.243.8097

FYZICAL.com/las-cruces



PATIENT SUCCESS

"Chris at FYZICAL was my physical therapist. I loved working with him because he knew the precise exercises I needed to help me recover from a back injury. The entire staff there are all professional and dedicated to helping their clients. I highly recommend them." — C.L.

**Click Here To Get On
Our Schedule For Your
Next Appointment**



Knee Pain Relief

Do you notice pain in the front of your knee when you squat or walk downstairs? Do you feel pain around the kneecap when you are running? You may be experiencing anterior knee pain. At FYZICAL, our highly trained physical therapists can assess your knee pain and help develop a plan to resolve your pain and get you back to doing what you love!

Anterior knee pain is felt at the front, center, and around the patellofemoral (i.e., kneecap) joint. Some of the other symptoms that present with anterior knee pain include:

- Stiffness (i.e., limited or difficult bending)
- Muscle weakness
- Problems walking (especially when climbing stairs)
- Snapping, crackling, and popping sensations (i.e., crepitus)

Many people try to push through the pain they feel, but this can worsen the issue. Whether or not it is sharp or dull, pain in the knee should be paid attention to and not pushed through. Fortunately, at FYZICAL, our therapists are experts at treating all types of knee pain.

Call today to schedule an appointment with one of our highly skilled therapists and let us help get your knee feeling better!

Mall Drive: [575.223.2805](tel:575.223.2805) | Locust Street: [575.243.8097](tel:575.243.8097)

WHAT CAUSES ANTERIOR KNEE PAIN?



Anterior knee pain is a symptom, not a diagnosis. Numerous possible conditions are causing pain to be felt in the front of the knee. Most commonly, the kneecap (patella) has an abnormality or muscular imbalance causing an issue with its movement in the groove it rides in.

It is essential to identify the exact location of the symptoms and the activities that provoke them to determine the likely cause of the pain. Pain in the front of the knee can come from many sources, including:

- Weak or overused muscles
- Bursitis
- Tendonitis
- Articular cartilage damage (chondromalacia patella)
- Swelling due to fluid buildup in the knee joint (i.e., ACL injury or meniscus tear)

Our physical therapists will perform a thorough examination and use our in-depth knowledge of the structures and typical injury patterns to identify what is causing your pain and how to resolve it!

How can physical therapy help treat anterior knee pain?

Your physical therapist will conduct a thorough evaluation of your movement, walking patterns, strength, joint mobility, patella tracking, and proprioception to get to the root cause of your anterior knee pain and treat it accordingly.

Specific tests include the following:

- Pain location and type
- Instability problems
- Alignment of the entire lower extremity
- Patellar position (i.e. the position of the kneecap is up or down, to one side or another, tilted or rotated)
- Muscle weakness or imbalances
- Tightness of muscle

Additional indications that physical therapy intervention is needed include difficulty performing specific functional tests, including challenges with squatting, step-up/down exercises, and single-leg balance.

Anterior knee pain is often due to faulty hip mechanics, so any assessment needs to involve the entire lower extremity. There is strong evidence for the benefits of a therapeutic exercise program that incorporates the hip extensors, abductors and external rotators, quadriceps, and core musculature. In addition, working on coordination and stability training will help to achieve optimal results.

We will create an individualized treatment plan specifically for you and your unique needs, so you can get back to living a pain-free life as quickly as possible.

What to expect in physical therapy

Anterior knee pain is a common condition that responds to physical therapy interventions focused on patient education and restoring muscle capacity to handle progressive loads. Our therapeutic programs will include exercises that help to reduce and/or manage pain.

Education is essential to understand the condition you are dealing with and the underlying issues causing your problems. Strengthening is the foundation for long-term improvements in pain and function. We will implement movement retraining based on any faulty techniques that are identified during activities that provoke pain.

If you live with recurring knee pain or discomfort that has lasted for more than 7-10 days, it is in your best interest to see a physical therapist.

Contact our clinic today!

At FYZICAL, our physical therapists are experts in joint movement and function. We can help you figure out why you are experiencing pain and how to resolve it. Call today to get started!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5843449/> • <https://journals.humankinetics.com/view/journals/jsr/30/1/article-p112.xml> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7661565/>

Click Here To Get On Our Schedule For Your Next Appointment



FYZICAL[®]
Therapy & Balance Centers

OUR THERAPY TEAM

Our physical therapists have advanced clinical education and training, specialty certifications and years of experience providing hands-on healing – with an emphasis on establishing whole-body wellness – for thousands of patients across the nation. FYZICAL's therapists continually respond to advances in research, technology, science and health care. Beyond the degree and licensing required by law, we certify our 'FYZICALIST™' to meet the highest standards in the industry. Only then can they provide you with service. A core requirement for all our therapists is a loving, caring and helpful personality.

FYZICAL Therapy & Balance Centers are complete with state-of-the-art strength and cardio equipment for treating orthopedic problems, neurological conditions, sports injuries, balance disorders and any aches or pains you might have.

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments with our clinic you will stay on the road of better health and wellness.

Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment today!

[FYZICAL.com/las-cruces](https://www.fyzical.com/las-cruces)

SPREAD THE LOVE!

Would you take a moment to share your experience on our Google Review page? We make it easy: click the button below to leave your raving review for the office you visited.

MALL DRIVE CLINIC

LOCUST STREET CLINIC

FOLLOW THE TIMELINE OF SOUTHWEST SPORT & SPINE CENTER, INC



Opened May 1st, 2000



Breathing Science Institute

2011, innovative education and treatment utilizing capnometers. Breathing can be hard, but it doesn't have to be. Our respiratory educators will provide you with computer-based biofeedback on your breathing efficiency and teach you how to modify it to improve your ability to control pain, reduce stress, and improve performance. We are the national training site for breathing science experts in physical therapy. Let us help you breathe well.



FYZICAL Therapy & Balance Centers

2017, bringing the highest level of balance and vestibular treatment. We brought FYZICAL to Las Cruces, NM, and Northwest El Paso, TX to provide a much-needed specialty in balance and fall prevention. We are a Level 3 Balance facility with board-certified clinicians using advanced technology to accurately diagnose and treat neuromuscular conditions.

2023 on, continue growing and helping the people of the community heal!



Optimum Body Shop

Southwest Health and Wellness 2006, now known as Optimum Body Shop. The next generation of healthcare is focused on holistic care in both prevention and follow-up services. We provide a tailored approach matching your goals. Optimum Body Shop is our integrated healthcare model.



Occusport

2014, dedicated to returning to work and play from Work Comp and Athletic injuries. Injured workers and athletes have a common goal. They both want to get back to work and sport as quickly as possible. OccuSport is a team of physical therapists and athletic trainers at FYZICAL that specialize in injury recovery and medical teamwork to help you achieve powerful results to get you back into action!



REAL VIEW DIAGNOSTICS

Real View Diagnostics

Musculoskeletal Ultrasound and Electromyography imaging at a fraction of the cost of an MRI. Clinical decision making and outcomes are significantly improved when real-time information is available to complement the clinical assessment.

2006

2011

2014

2017

2020

2023