

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



"I really loved coming here for my therapy on my left ankle recovery. The whole staff is extremely friendly starting with the lovely front desk Roxanne. Definitely recommend this place. Kylie and Montana were the ones who helped me through this journey. Super friendly, and helped me reach my goals."

— R.M.



[Click Here To Get On Our Schedule For Your Next Appointment](#)

WHAT'S CAUSING MY ELBOW & WRIST PAIN— & HOW CAN PHYSICAL THERAPY HELP?

Remember the last time you accidentally slammed your funny bone? That sharp, radiating pain is deeply unpleasant—fortunately, it usually only lasts a few moments. But what happens when that pain lingers? If you're dealing with pain in your elbow, forearm, or wrist, FYZICAL is here to help!

Wrist and elbow pain can have several potential causes. Three major nerves run through the arm and can become entrapped, leading to numbness, tingling, and pain. You can also injure the muscles, tendons, or ligaments in the elbow and wrist joints, which can cause mobility restrictions and pain in the impacted area.

Our team of physical therapists will help you get to the bottom of your elbow pain—and we'll help you find a way to resolve that pain for good. Call us to schedule an appointment and get started today!

[Click Here To Get On Our Schedule For Your Next Appointment](#)

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

A CLOSER LOOK AT THE CAUSES OF WRIST AND ELBOW PAIN

When you come in for your appointment, the first thing we'll do is carefully review your symptoms and run a few simple movement screens to help pinpoint the cause of your pain.

Overuse injuries are one of the more common causes of wrist and elbow pain. You've probably heard of conditions such as tennis elbow or golfer's elbow—both are examples of overuse injuries. They stem from repetitive movements or awkward postures that strain the joint's soft tissue, leading to a gradual onset of symptoms.

You can also suffer acute injuries, particularly in the wrist. These injuries happen suddenly rather than over time. Wrist sprains, in which the ligaments in the wrist suffer damage, are among the most common. You can also fracture the bones in your wrist and elbow, which will typically require medical intervention.

Nerve disorders are another common source of discomfort in the elbow, forearm, and wrist. They occur when one of the nerves running through the arm becomes entrapped, leading to pain, numbness or tingling, and mobility restrictions. The location of your symptoms can let you know which nerve is affected:

Carpal tunnel syndrome affects the median nerve and can become trapped in a structure in your wrist (the carpal tunnel). You'll typically experience symptoms in your wrist and hand.

Cubital tunnel syndrome affects the ulnar nerve, which passes through a narrow structure in your elbow (the cubital tunnel). If the nerve becomes entrapped in the cubital tunnel, it can cause symptoms in your elbow and hand.

Finally, arthritis can affect your elbows and wrists, leading to pain and restricted range of motion.

What Physical Therapy Can Do to Help Ease Your Wrist and Elbow Pain

Once our therapist has determined the source of your pain, we'll develop a customized treatment program to help you find relief. The good news is that physical therapy alone can resolve most common sources of wrist and elbow pain. Here are a few of the techniques we might incorporate into your program:

- **Manual Therapy:** Manual therapy techniques help reduce pain and restore mobility restrictions. We might guide the joint through its current range of motion, manipulate your soft tissue, or try other techniques.
- **Therapeutic Exercises:** We'll create a targeted, progressive exercise program to ease your symptoms. We'll start with gentle stretches and mobility work, then move on to strengthening exercises to help support and stabilize the impacted joint.
- **Braces and Splints:** Some conditions might benefit from a brace or splint, which temporarily immobilizes the joint



as you work on treatment. We'll let you know if it's a good choice and help you find the right device to suit your needs.

- **Injury Prevention:** We'll let you know what you can do to prevent future injuries. We might show you ergonomic adjustments to reduce the impact of repetitive movements, postural corrections to minimize strain on your wrist or elbow, or other strategies.

Let's Get to the Root of Your Wrist or Elbow Pain!

Pain in the wrist or elbow can seriously impact your quality of life, making it difficult to perform day-to-day movements like brushing your teeth, typing on a computer, or preparing a meal. The team at FYZICAL will help you get to the bottom of your pain to find lasting relief. Call us to schedule your initial appointment today!

Sources: https://www.physio-pedia.com/Physiotherapy_Management_of_the_Elbow • <https://www.ncbi.nlm.nih.gov/books/NBK532948> • https://www.physio-pedia.com/Carpal_Tunnel_Syndrome

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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!



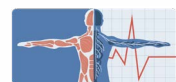
Optimum Body Shop

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