

THE



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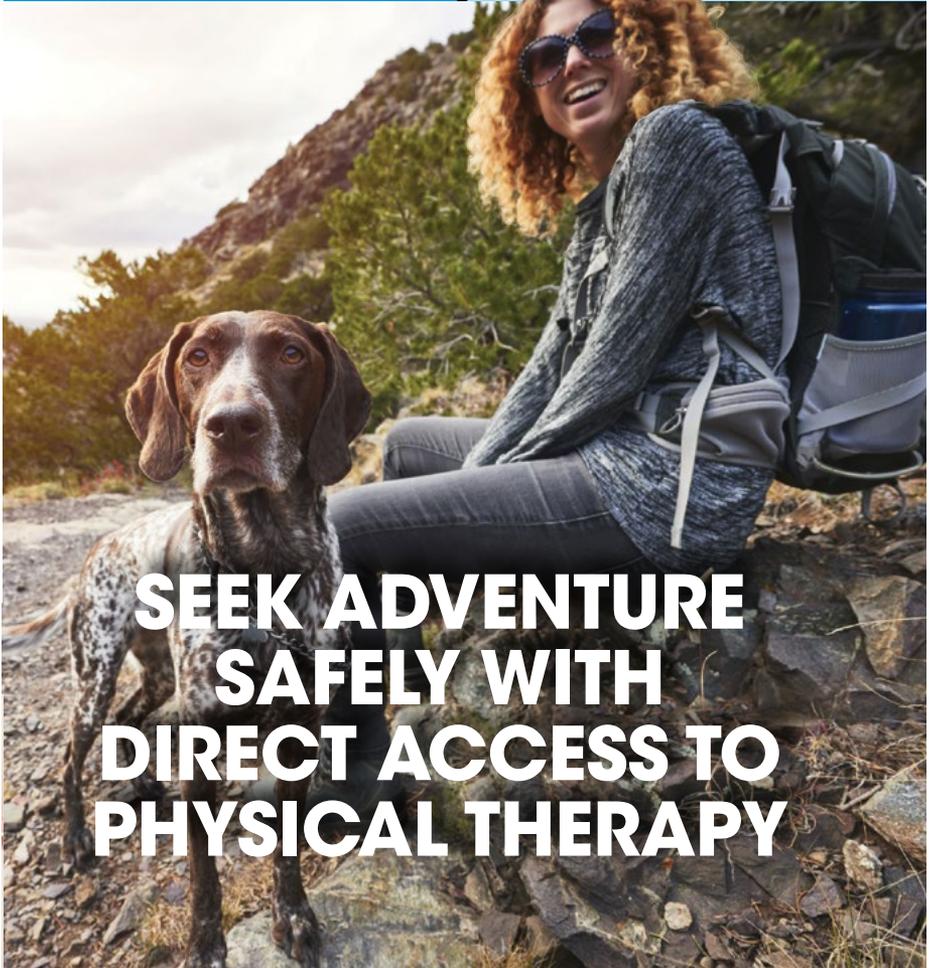
Therapy & Balance Centers

# NEWSLETTER

A SUBSIDIARY OF



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



## SEEK ADVENTURE SAFELY WITH DIRECT ACCESS TO PHYSICAL THERAPY

### INSIDE:

- Why Choose Physical Therapy?
- What Is the Best Exercise to Do When You Have Arthritis?
- Sudoku
- Back To School Recipe

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## DIRECT ACCESS AND THE BENEFITS OF PHYSICAL THERAPY



Have you ever received an injury or woken up with a pain in your back, hips, legs, or shoulders? Your first thought was probably "I need to call my doctor and see if I can get in the office for a visit today." So you call them, and you're disappointed to hear there are no available openings for you to be seen for another week. This means another week of attempting to self-medicate, another week of sleepless nights and discomfort. This is typically the case in many situations of chronic pain, but it doesn't have to be!

Did you know that you don't need to have a referral from your primary care provider to see a physical therapist at FYZICAL? It's true, thanks to direct access laws in our state. If you require physical therapy for a chronic condition or injury, call our clinic today to learn more about how you can get started on your journey towards a pain-free life. In the meantime, keep reading to learn more about direct access legislation, and the benefits of physical therapy for improved health and wellness.

**What is Direct Access?** Direct Access allows you to be in control of your healthcare and the speed at which you're able to receive it. Direct access laws allow patients to receive an evaluation and treatment from a physical therapist without a physician's referral. This means less time and money spent trying to find a solution to your pain and discomfort. New Mexico is one of 28 states that allow direct access to physical therapy. Their website outlines

the requirements for a physical therapy clinic to treat direct access patients, stating:

- "The PT must refer a patient to the patient's licensed healthcare provider if the patient has not made measurable or functional improvement 30 days after starting therapy treatment.
- If the patient is making measurable progress and improving, the 30-day limit does not apply.

### The 30-day provision also does not apply to:

- Treatment provided for complaints related to chronic neuromuscular or developmental conditions for patients previously diagnosed with such a condition.
- Health promotion, wellness, fitness, or health maintenance services.
- Services provided to patients who are, under federal law, participating in programs involving an education or family service plan." (WebPT)

This also results in quicker access to healthcare that is more effective and long-lasting than prescription medications. The faster you get in to see a physical therapist for assessment and treatment, the sooner you can begin your journey to feeling better. Not to mention, it'll save you loads of money in the long run, and it will also help you to get back to living a normal, active lifestyle much faster!

# WHY CHOOSE PHYSICAL THERAPY?

Now that you're up to speed on the benefits of direct access, you should also understand the benefits of physical therapy and what it can do for your overall health! Physical therapy is a safe, healthy, and effective way to combat a variety of acute and chronic pain conditions -- all without the use of harmful and addictive pain medication. A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity.

Physical therapists know exactly how to pinpoint your problem areas and create a customized treatment plan aimed at improving or relieving your pain condition. They can also teach you how to prevent future injuries from occurring, which is an added bonus if you're an athlete or enjoy playing physically demanding sports. Some of the most common conditions a physical therapist at FYZICAL can help treat:

- Ankle & wrist sprains or strains
- Arthritis
- Lymphedema
- Carpal Tunnel Syndrome
- Back pain & herniated discs
- Neck pain
- Shoulder pain
- Hip pain
- Knee pain
- Headaches
- Joint pain
- Sciatica



Physical therapists at FYZICAL help patients strengthen their muscles and joints, improve their range of motion, prevent injury improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

**Learn more about the benefits of direct access.** FYZICAL is here to provide support to you every step of your recovery journey. Our success depends upon your success, and we strive to create a warm, welcoming environment where you can heal safely and comfortably. Call our clinic to learn more about direct access and to schedule an appointment with one of our skilled and attentive therapists. **We're here to help you reach your feel better and reach your goals.**

<https://www.webpt.com/downloads/the-pts-guide-to-direct-access-law-in-all-50-states/>

Mall Drive: 575-522-0766 | Locust Street: 575-521-4188 | Northwestern: 915-875-1559

## SUDOKU

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

<http://1sudoku.com>

n° 311252 - Level Hard

## BACK TO SCHOOL RECIPE: TURKEY APPLE CHEDDAR SANDWICH



### INGREDIENTS

- 2 slices whole-wheat sandwich bread
- 1 tbsp mayonnaise
- 2 oz low-sodium deli turkey
- 1 oz sliced Cheddar cheese
- 4 to 6 thin apple slices

### DIRECTIONS

Spread mayonnaise on both slices of bread. Top with turkey, Cheddar and apple.

## PATIENT SUCCESS SPOTLIGHT



### I felt that he had my best interests in mind!

"The entire staff was great, from the ladies at the front to all the physical therapists. They work as a team and create a very friendly and positive atmosphere. Andy was my therapist and I felt that he had my best interests in mind, I wasn't just another patient to see, and tailored my recovery for what would work best for me. It never felt like I was just going through the motions. I highly recommend this place for physical therapy." - **J. Barrios**



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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

NORTHWESTERN



## WHAT IS THE BEST EXERCISE TO DO WHEN YOU HAVE ARTHRITIS?



### Walking is the #1 exercise prescribed for arthritis.

Some helpful tips to make your walking program more enjoyable and beneficial are as follows:

1. Talk before you walk. Discuss your program with your physical therapist.
2. Walk a mile in your shoes and then reassess your need for arch supports or orthotics.
3. Walk with a buddy.
4. Be careful with leashed dogs. They might "walk you" and increase your risk of falling down.
5. Listen to your body: modify distance, time and intensity as needed.
6. Move slowly and use assistance as needed (with a cane or walking stick).

**For more information about starting a walking program visit [www.arthritis.org](http://www.arthritis.org) to find out more information about their "Walk with Ease" program.**

Other popular types of exercise for people with arthritis includes: stretching, tai chi, yoga, Pilates, water exercises, cycling, strength training and hand mobility exercises. It is best to seek medical advice before starting any exercise program and to work with a physical therapist to develop a tailored exercise program.