

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

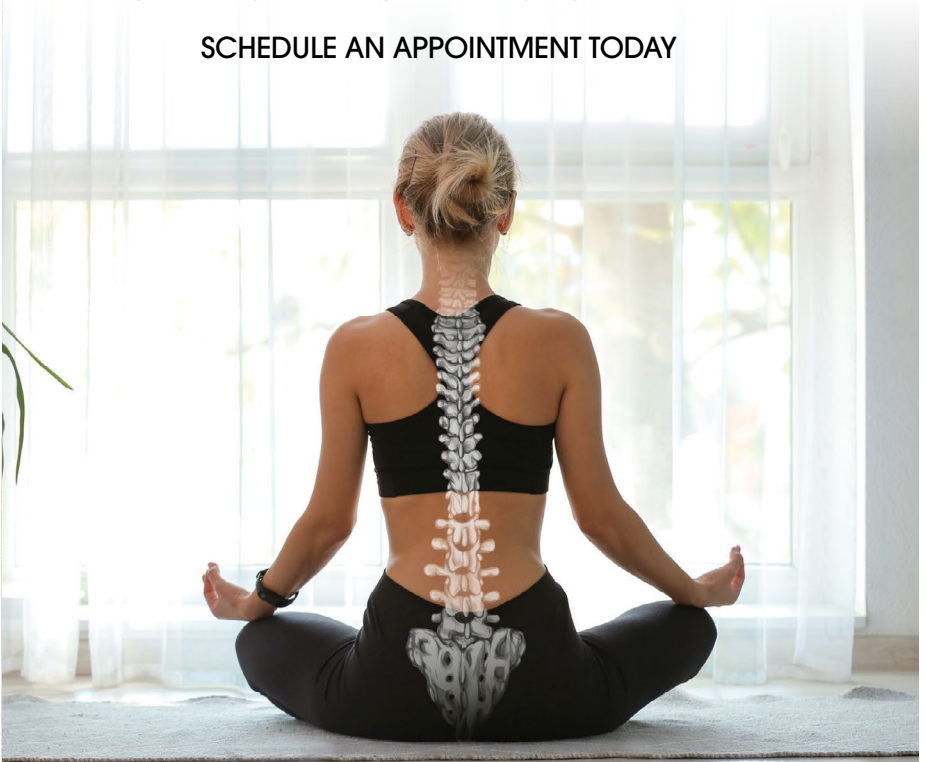
POWERED BY



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

WE CAN GET TO THE BOTTOM OF YOUR PAIN

SCHEDULE AN APPOINTMENT TODAY



INSIDE:

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Southwest Sport & Spine Center, Inc.
"Powerful results to get you BACK into action." EST. 2008

SUFFERING FROM BACK PAIN & SCIATICA? WE CAN HELP

Do you experience pain when bending down or lifting objects? Are you experiencing pain in your leg or numbness in your foot? You could be suffering from back pain and sciatica. If you find yourself in pain, it's time to see a physical therapist at FYZICAL Therapy & Balance Centers. Sciatica is often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. While "sciatica" may sound severe, it's entirely curable.

If you are suffering from back pain or sciatica, you know how hindering it can be. It can be so severe that people struggle to do activities of daily living. Fortunately, we are experts at treating any back pain or sciatica you may be experiencing. Contact FYZICAL Therapy & Balance Centers today to schedule a consultation and learn more about how physical therapy can help you find relief!

What is the difference between back pain and sciatica?

Lower back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Although sciatica is a commonly used term, it may also be confusing because it is sometimes used to describe any type of back or leg pain. But true sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the thigh and lower leg. Sciatica may include paresthesias (i.e., numbness and tingling), weakness in the muscles of the foot and lower leg. In severe cases, it can include changes to bowel and bladder function. While back pain and sciatica can be intense, both are treatable with physical therapy,

often within a few weeks. Even if you've suffered severe pain, there's still hope!

Risk factors for back pain and sciatica include:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated and/or inflamed by disc material ruptured.

Risk factors for a herniated disk include:

- Smoking
- Repetitive lifting, bending and twisting
- Sedentary lifestyle
- Genetics
- Excess body weight

Physical therapy can help you identify what is causing your back pain and/or sciatica and resolve it successfully. The combination of education and activity modification can help set the stage for a successful outcome.

HOW PHYSICAL THERAPY CAN HELP WITH SCIATICA

If you're experiencing back pain or sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

Education

Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. Education seems small, but consistently it has been shown to help!

Stay active

It is essential to stay active despite the intensity of the pain. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

Exercise

Supervised exercises are vital to a successful outcome. A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs.

Manual therapy

Physical therapists often use manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to



improve spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

Our therapists know the solutions that work. Supervised exercises that include movements, postural corrections, nerve mobilization, and/or strengthening effectively provide relief.

Starting physical therapy treatments early in the diagnosis is the best way to quickly improve and resolve your pain.

Schedule an appointment today

If you are suffering from back pain or sciatica, call FYZICAL Therapy & Balance Centers today. Don't live with the pain any longer – get relief with physical therapy!

Sources:

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MEET OUR STAFF

Meet our Occupational Therapy Team
Ashley Cotto, OTR and Julie Holguin, COTA.



Ashley Cotto
OTR



Julie Holguin
COTA



HEALTHY RECIPE: GREEN PINEAPPLE SMOOTHIE



INGREDIENTS

- 1/2 cup unsweetened almond milk
- 1/2 cup frozen pineapple chunks
- 1/3 cup nonfat plain Greek yogurt
- 1 tablespoon chia seeds
- 1 cup baby spinach
- 1-2 teaspoons pure maple syrup or honey (optional)
- 1 cup frozen banana slices (about 1 medium banana)

DIRECTIONS

Add almond milk and yogurt to a blender, then add spinach, banana, pineapple, chia seeds and sweetener (if using); blend until smooth.

<https://www.eatingwell.com/recipe/251038/pineapple-green-smoothie/>

FOLLOW THE TIMELINE OF SOUTHWEST SPORT & SPINE CENTER, INC



Started the small clinic
in Missouri - 2000.

2006



Optimum Body Shop.

Southwest Health and Wellness 2006, now known as Optimum Body Shop. The next generation of holistic care 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.



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.

2011



Occusport.

2014, dedicated to returning to work and play of 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!

2014



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.

2017



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.

2020

2023

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

PATIENT SUCCESS SPOTLIGHT



"I would give a thousand stars if I could."

"This facility was incredible. All of the staff is very friendly and helpful. I was there for occupational therapy and had the pleasure of working with Ashley and her team. The vibe is amazing and the information, care, and feedback received from them during my many sessions there was wonderful. When my injury happened, I was sent to a clinic that showed little to no concern of my injury. I had little confidence that I would be taken care of ultimately. After expressing my concerns though, I was referred to an incredible surgeon who in turn referred me to work specifically with OT Ashley and her team. The progress made while working with this incredible staff was more than I anticipated and I was extremely happy with the ultimate results. Although, because of the surgery I had, I knew I would never be back to 100%, but working with Ashley and her team helped me to achieve much more than I initially thought possible. I would give a thousand stars if I could. Thanks to the entire staff at Fyzical NW. Much love, always." — Adam F.



**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

