

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



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

ARE SHIN SPLINTS GETTING IN THE WAY OF YOUR RUNNER'S HIGH?

SCHEDULE AN APPOINTMENT TODAY



INSIDE:

- Are Shin Splints Getting In The Way of Your Runner's High?
- We Make It Easy To Leave A Review!
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- Patient Success Spotlight

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"Powerful results to get you BACK into action." © 2008

ARE SHIN SPLINTS GETTING IN THE WAY OF YOUR RUNNER'S HIGH?



Do your shins throb after your daily jogs? You may be experiencing shin splints. At FYZICAL, our physical therapists can help your shin splints whether or not you're a runner. We offer the most advanced rehabilitation strategies to get you relief and eliminate re-injury. Shin splints, also known as medial tibial stress syndrome, occur when excessive stress is on your shinbone and the surrounding tissues. These tissues become irritated, inflamed, and painful.

Research indicates that around 15% of runners experience shin splints and they are the most common injury for new runners. Shin splints can present themselves in anyone whose lifestyle includes substantial physical demand or after a significant increase in their activity level. Shin splints can be painful and debilitating in your daily life, but physical therapy can help alleviate the pain and correct the condition. Call our office today and speak with someone about how physical therapy can help fix your shin splints!

Common causes of shin splints

Shin splints are most common with athletes but can occur with anyone who makes training errors, like overloading or running too fast for their ability and training capacity. Often the injury is related to changes in the training, as an increase in distance, intensity, and duration.

There are other causes of shin splints, including:

- **Previous injury:** If you have had a foot, leg, or shin injury in the past, your risk of shin splints is higher.
- **Body mass:** A BMI greater than 20 makes you more susceptible

to developing shin splints.

- **Improper footwear:** Wearing ill-fitted shoes or a previous history of wearing orthotics can increase your risk of shin splints.
- **Inexperienced runners:** Training mistakes made by novice runners include running too far, too fast, and not resting appropriately.
- **Lack of warm-up:** Completing a workout without a warm-up can irritate your calf muscles, increasing your risk of shin splints.
- **Overpronation:** Excessive flattening of the arches while standing, walking, or running increases the risk of shin splints.

The best treatment for shin splints is prevention. Our physical therapists will screen you to identify your risk factors and provide guidance on how to resolve your pain and/or prevent shin splints altogether.

How physical therapy can help

As noted above, the causes of shin splints are vast, but your physical therapist can help you figure out the root of the problem. They will complete an extensive evaluation process noting your painful areas and testing the abilities of your current physical motions.

Our treatments may include anything involving stretching, flexibility, gait, mobility, and range of motion. From there, your physical therapist will create a treatment plan based on your needs.

HOW WE CAN HELP YOU RESOLVE YOUR SHIN SPLINTS

Treatment plans for a specified shin splint condition may include, but are not limited to:

- **Manual therapy.** Hands-on massage of the painful area and its surrounding areas to ease stress off of the injured tissue.
- **Exercise.** These exercises can serve several functions, including strengthening, improving range of motion, and decreasing stress on the lower leg.
- **Modify mechanics.** Sometimes, shin splints can result from poor gait mechanics or jumping and landing strategies. Your physical therapist may work with you to modify your take-off/ landing techniques or how you control your foot, knee, and hip while walking or running.
- **Taping.** Your physical therapist may suggest Kinesio-taping the affected area to promote healing and support the affected muscles.
- **Footwear suggestions.** Your physical therapist may provide you with advice to help speed up your shin splint recovery and decrease your risk in the future.
- **Rest.** Your physical therapist may suggest taking a short break from the activity that caused or aggravated your pain. You will continue exercising, but avoid things that irritate your shin splints until you are healed.



Contact our office today

At FYZICAL, we are dedicated to assisting you in your healing journey and making it as comfortable for you as possible. If you believe you may be suffering from shin splints, give us a call today. We will help you get back on your feet in no time!

Sources: https://medrehab.sbmu.ac.ir/article_1101036_en.html • https://link.springer.com/chapter/10.1007/978-3-030-60216-1_18 • https://www.researchgate.net/profile/Shajik_Kachanathu/publication/320685151_Functional_outcomes_of_kinesio_taping_versus_standard_orthotics_in_the_management_of_shin_splint/links/5c160f2e92851c39ebf0e718/Functional-outcomes-of-kinesio-taping-versus-standard-orthotics-in-the-management-of-shin-splint.pdf

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

MEET OUR STAFF

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



Ashley Cotto
OTR



Julie Holguin
COTA



STAFF SPOTLIGHT: WALTER WALDO



Walter Waldo is a U.S. Navy Veteran and Physical Therapist Assistant and has been with FYZICAL Therapy and Balance Centers – Northwest El Paso since 2015. In 2015, he graduated from Western Technical College with his Associate of Applied Sciences under their Physical Therapist Assistant Program. In 2018, he obtained his Bachelor of Science in Health and Science from PIMA Medical Institute. In 2019, Walter received his certification as a Strengthening and Condition Coach. He is also a Certified Program Design Specialist, Speed, and Agility Coach as well as Performance Enhancement Specialist. Walter is also a Senior Balance Re-trainer Level 1 – 2, a clinical instructor, and has completed McKenzie courses.

As a Physical Therapist Assistant, he works with physical therapists to implement treatment plans for patients dealing with anterior cruciate ligament injuries, sports injuries, and general orthopedic injuries. When working with a patient, Walter ensures to listen to what they need to help patients regain their strength to be able to return to their physical activities and live fuller lives. Walter's personal philosophy is, "Nothing to it, but to do it." Walter's interests and hobbies include working out, spending time with family and friends, and playing Rugby. He also enjoys riding motorcycles! Walter has also assisted in creating high school athletic and youth programs as this is his passion.

FOLLOW THE TIMELINE OF SOUTHWEST SPORT & SPINE CENTER, INC



Started the small clinic
in Missouri - 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!

2006



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 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!



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.

2011

2014

2017

2020

2023

PATIENT SUCCESS SPOTLIGHT



"I would absolutely recommend Fyzical and Team Ryan."

"This is the second time that Ryan has fixed my problem. Both times, different problem areas, but both times he's given me practical advice and exercises to avoid the problem in the future. He respects and encourages me to resume my normal level of activity. Everybody I worked with was helpful and caring. I would absolutely recommend Fyzical and Team Ryan. Fantastic!!! 2 thumbs way up!!!" — **Rachel G.**



**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

