

THE



**FYZICAL**<sup>®</sup>

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](http://FYZICAL.com/las-cruces)

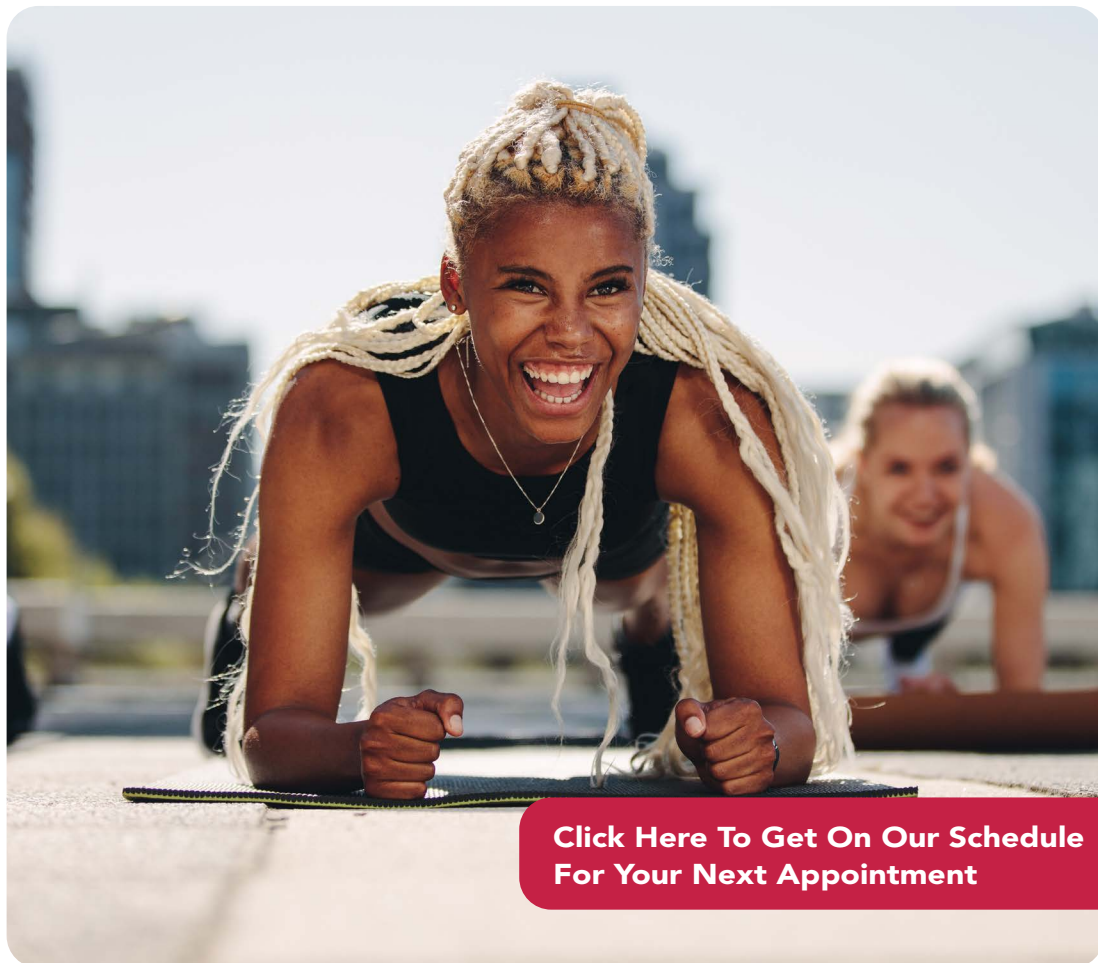
## PATIENT SUCCESS



*"Felt comfortable with the level of intensity of my therapy yet encouraged to push myself. Always asked about pain level as we stepped up levels. All the employees were friendly & worked together to create a family atmosphere as occasionally my therapist would have multiple patients on overlapping schedules. Overall I was very happy with the facility, ability to schedule my therapy, and all the employees including the check-in desk. Have & will give positive feedback to everyone who asks about my rehab."*

— J.S.

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



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

## STRENGTH TRAINING HELPS YOU RECOVER FROM AND PREVENT FUTURE INJURIES

Are you dealing with an old injury? Do you find it difficult to get active or are worried you will hurt yourself if you try? At FYZICAL, we can help you resolve old injuries and teach you strengthening strategies to achieve your goals!

Most people want to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish due to pain, injuries, or poor lifestyle habits. Pain increases stress to the body; fortunately, strength training can help ease your discomfort while simultaneously improving your function and reducing the risk of future injuries.

Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the proper knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle.

Call the FYZICAL today to learn more and start a new chapter on a healthier you!

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

## THE BENEFITS OF STRENGTH TRAINING

The body's muscles play an essential role in your health and well-being. Your muscles not only help you move, but they help reduce your risk of injury and support your joints to ensure you stay active.

A stronger you means a healthier you. Relieving joint or muscle pain, improving your balance and coordination, resolving injuries, and preventing future injuries are integral parts of our specialized physical therapy treatments.

Strength training helps build muscle, reduce pain, improve mobility and overall function, and is typically used throughout the rehabilitation process. Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

### HOW STRENGTH TRAINING MAKES YOU HEALTHIER

Strength training is an integral part of rehabilitation and reaching your peak physical potential, but there are other health benefits, including the following:

- **Improved strength:** This is obvious, but improved strength allows you to perform daily tasks much more manageably, such as carrying heavy groceries or doing recreational activities and sports.
- **Maintain a healthy weight:** Strength training helps burn calories efficiently, reducing total body fat. This, in turn, helps reduce the risk of chronic diseases like heart disease, cancer, diabetes, and orthopedic conditions like osteoarthritis.
- **Decreased risk of falls:** Multiple studies have demonstrated the benefits of strength training for reducing your risk of falls by improving your balance, coordination, and response to losing your balance. In addition, if you fall, you are less susceptible to serious injuries.
- **Reduces your risk of injury:** Strength helps improve joint range of motion and mobility of your muscles, ligaments, and tendons. This provides additional protection against damage.

What's more, strength training can help correct muscular imbalances and take the load off of your body, decreasing your risk of injuries. Research has shown that strength training can reduce the risk of injury by up to 30%.

- **Improved heart health:** Multiple studies have shown that regular strength-training decreases blood pressure, lowers cholesterol (i.e., total and LDL levels), and improves blood circulation.
- **Helps manage your blood sugar levels:** Strength training may also reduce your risk of developing diabetes by helping reduce and maintain blood sugar levels.
- **Improved mobility and flexibility:** Weaker muscles tend to have less range of motion. Strength training increases joint range of motion allowing for greater mobility and flexibility.
- **Improved bone strength:** Strength training is crucial for bone development by putting temporary stress on your bones, resulting in improved bone strength. Strong



bones reduce your risk of osteoporosis, fractures, and falls, especially as you age.

- **Improves brain health:** Those who engage in strength training may have better brain health and protection against age-related cognitive decline.
- **Promotes improved joint health:** Strength training significantly improves joint pain and functioning during rehabilitation and preventative strategies.

Strength training provides many health benefits, including lowering the risk of chronic disease, improving overall function, and reducing the risk of injury and falls. Furthermore, anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

### WHAT TO EXPECT AT YOUR PHYSICAL THERAPY APPOINTMENTS

At FYZICAL, our strength training programs will get you back to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Strength training is an essential part of reaching your peak physical potential, and our team can guide you through the most effective exercises to achieve your goals!

### CALL TO SCHEDULE AN APPOINTMENT

[Click Here For Your Next Appointment](#)

Don't let any long-term problems get in the way of enjoying your life! Call FYZICAL for an appointment today!

Sources: <https://pubmed.ncbi.nlm.nih.gov/32564299/> • <https://pubmed.ncbi.nlm.nih.gov/30703272/> • <https://pubmed.ncbi.nlm.nih.gov/29372481/> • <https://pubmed.ncbi.nlm.nih.gov/30131332/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5161704/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5609666/> • <https://www.ncbi.nlm.nih.gov/books/NBK499863/>

## 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 1<sup>st</sup>, 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