

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

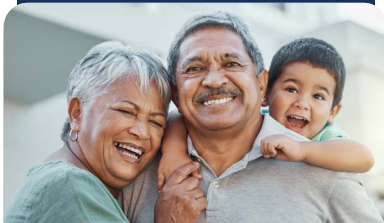
**P: 575.223.2805**

### LOCUST STREET CLINIC

2404 S Locust St, Suite # 5,  
Las Cruces, NM, 88001

**P: 575.243.8097**

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



## PATIENT SUCCESS



*"Been there for several months. Can walk without walker or cane and can stand about 10 minutes... much better than before! The therapists are great for my socialization because they're actively involved in my therapy and are obviously caring people. Front desk staff are always efficient, professional, and knowledgeable. Couldn't recommend anyone more highly." — M.S.*



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

## BENEFITS OF AQUATIC THERAPY FOR CHRONIC PAIN

**If you're barely staying afloat because of pain, aquatic therapy could help.**

Are you fed up with your pain or weakness? Is it becoming increasingly difficult to walk, bend, and stand? Is doing housekeeping or running errands around town becoming more difficult? Have you tried everything to tackle these issues and come up with a solution that doesn't work?

If you answered yes to any or all of these questions, water therapy at FYZICAL might be a good fit for you!

Aquatic therapy is a type of rehabilitation that takes place in the water. It differs from aqua fitness in that it is carried out by a certified therapist.

Continue reading to learn about the advantages of water treatment for a number of difficult chronic diseases. When you're finished, call our clinic to schedule an appointment with one of our trained aquatic therapists!



### Rachael Haverporth PT, DPT, Cert. MDT

Dr. Haverporth has practiced Physical Therapy since 2012, working as a licensed Physical Therapist and Clinical Director in Alamogordo. Dr. Haverporth joined FYZICAL in 2023 as the Aquatics Clinical Director. Rachael enjoys spending time with her dogs and volunteering in the community.

*"But first... Did you do your home exercise program?" — Rachael*

[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)**

# COMMON CONDITIONS AN AQUATIC THERAPIST CAN HELP WITH

Aquatic therapy is a type of aquatic physical therapy and aquatic occupational therapy treatment that takes place in water, generally in an in-clinic pool. It has soothing properties that can benefit you if you are seeking relaxation and pain relief.

Two of the most common conditions that aquatic therapists are experts at treating are back pain and balance issues.

## BACK PAIN

Back pain is one of the most commonly experienced conditions, and it can affect nearly anyone at any age. This kind of pain can form as a result of an injury, or simply as a part of getting older. Back pain is often quelled with over-the-counter pain medications, but with the help of a knowledgeable aquatic therapist, you don't have to depend on pills to help you feel better.

As previously stated, our clinic believes in the healing magical properties of water. They are perfectly suited to treat back pain!

Only 20% of your weight is supported by your spine when you're in chest-deep water. This makes it much less painful and easier to exercise your back muscles. In the deepwater part of our program, we focus on the core while the patient wears a flotation belt and holds weights. If necessary, modest spinal traction can be used to relieve pressure between the vertebrae, which is common in the spine.

## BALANCE & GAIT DISORDERS

Balance disorders are rather common. Feeling imbalanced is never pleasant, and it can put you at risk of falling and hurting yourself. Our clinic's aquatic therapy might help you improve your balance.

There is no risk of injury when completing standard land-based balance exercises in the water. You may sustain injuries such as a hip fracture if you fall on land. Not only do you have the support of a flotation belt in the water, but you also have the safety of the water if you lose your equilibrium! It's a win-win situation for everyone.

If you stumble, you will simply get wet instead of falling down and hurting yourself. Our therapists can identify at-risk patients and provide hands-on assistance when needed, so rest assured that you'll be taken care of!

## WHAT MAKES AQUATIC THERAPY SUCCESSFUL AT DECREASING PAIN?

You might be wondering, "What makes aquatic therapy so special? It's just water!" The truth is that this kind of therapy maximizes the magical properties of water, such as buoyancy, viscosity, and hydrostatic pressure.

Water reduces the amount of weight you're bearing on your joints and spine as you exercise. It also provides resistance, decreases inflammation, and improves circulation.

Our talented staff are skilled, licensed therapists that will focus your total body exercise program to reduce your pain. Our aquatic therapy program will improve your endurance, muscle strength, and balance.

## WHY SHOULD I SEE AN AQUATIC THERAPIST?

There are several reasons why you may want to go see an aquatic therapist at FYZICAL. Besides living with chronic conditions such as arthritis, tendonitis, bursitis, multiple sclerosis, stroke recovery, and joint disorders, you may have other common goals for your aquatic therapy treatment, such as:

- Improving flexibility
- Improving balance and coordination
- Building muscle strength and endurance
- Enhancing aerobic capacity
- Assisting with gait and locomotion
- Reducing stress and promoting relaxation

If you're not sure whether or not aquatic therapy would be a good fit for you, you can always ask a FYZICAL therapist. They'd be more than happy to do a full assessment of your condition to determine the best plan of action for your therapy treatment!

## CALL OUR OFFICE TODAY FOR AN APPOINTMENT

[Click Here For Your Next Appointment](#)

Our aquatic therapists are experts when it comes to improving your movement and easing your pain. If you're dealing with any kind of chronic pain condition, call our clinic to set up an appointment. There are so many different ways a therapist can help you find the relief you deserve, so come on in -- the water's fine!

Sources: <https://loudounpt.com/physical-therapy-services/chronic-pain-relief/> • <https://loudounpt.com/physical-therapy-services/back-pain-relief/>



## 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