

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

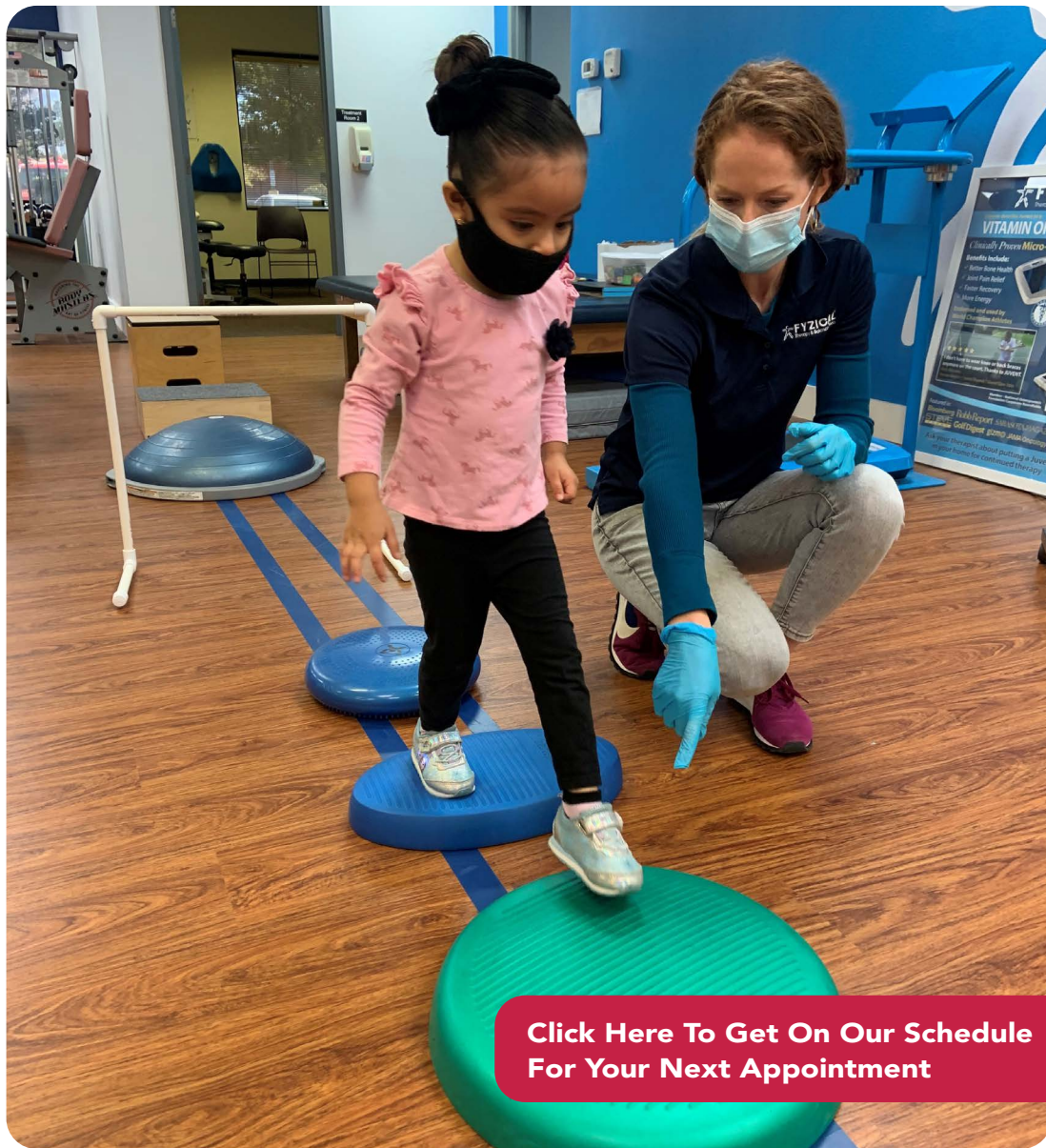


PATIENT SUCCESS

"The staff here is compassionate and helpful. They worked with me during a very difficult time when I had to reschedule several times. Their care and concern for my well-being and the best outcome for me as a patient really shows. They treat every patient uniquely - you never feel like you're just a number there. I tell everyone I know that if they need PT, this is the place to go."

— J.S.

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



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

5 WAYS THAT OCCUPATIONAL THERAPY CAN BENEFIT YOU

How occupational therapists help patients relearn and maintain everyday skills

Are you living with a condition or injury that's left you struggling to complete day-to-day tasks, like getting dressed, cooking meals, or working on your computer? Then you would likely benefit from the occupational therapy services offered by FYZICAL!

Occupational therapy is similar to physical therapy in that both fields focus on helping people to perform certain movements. However, occupational therapists specifically focus on movements related to daily activities.

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

THE ROLE OF AN OCCUPATIONAL THERAPIST

The “occupational” in “occupational therapy” doesn’t refer to work but to any daily activities, ranging from hobbies to tasks around the house. The occupational therapists at FYZICAL will help you adjust after an injury, surgery, or major illness so you can live your happiest, healthiest life possible.

Occupational therapy often focuses on fine and basic motor skills. For example, our therapists might help you to safely navigate around your home or show you modifications to work your television remote. And because we focus on day-to-day functionality, we can also help with pain in the upper extremities: your hands, wrists, and elbows.

FIVE CONDITIONS THAT BENEFIT FROM OCCUPATIONAL THERAPY

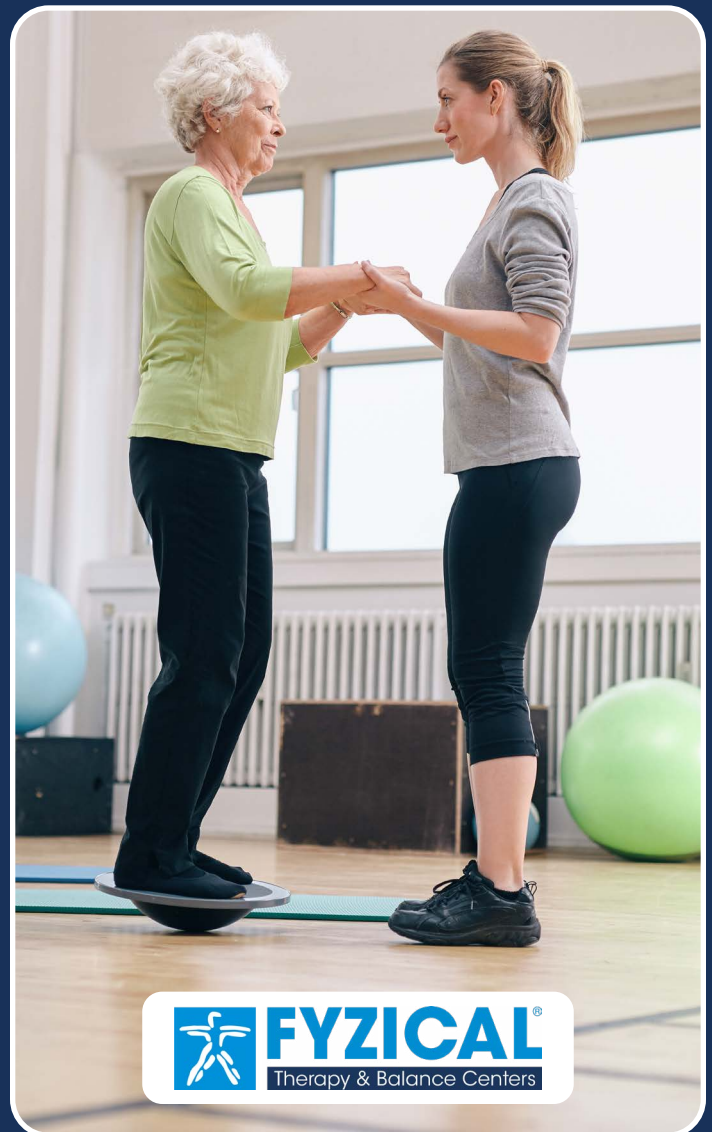
Several physical, sensory, or cognitive issues can benefit from occupational therapy. If you’re struggling with any of these conditions, one of the occupational therapists at FYZICAL may be able to help!

1. Carpal Tunnel Syndrome: Carpal tunnel syndrome is a common ailment that can cause pain, numbness, or tingling in the wrist and hand. Because it’s often treated with surgery, many people seek occupational therapy as part of their rehabilitation process so they can relearn the fine motor skills necessary to return to regular activities. However, occupational therapy can also help those with carpal tunnel syndrome avoid surgery altogether by providing gentle exercises, splinting, and massage, all designed to relieve pain in the condition’s early stages.

2. Arthritis: Arthritis refers to a group of related conditions affecting the joints, leading to pain, swelling, stiffness, and diminished range of motion. Because our joints are so crucial to movement, arthritis can make it much more challenging to complete daily tasks. If you’re struggling with arthritis, our team of occupational therapists can help you by providing relief from pain and inflammation while also working with you to regain self-sufficiency.

3. Strokes: A stroke occurs when the blood supply to the brain is interrupted or reduced, preventing brain cells from receiving necessary oxygen. Most stroke patients will have a recovery period ranging from a few weeks to years. Occupational therapy is crucial to helping stroke patients during their rehabilitation. Because strokes affect sensory and motor functions, returning to life before the stroke can be challenging. Our therapists can provide practical strategies for adapting to life after a stroke and guide you through simple exercises to help retrain your muscles for everyday tasks.

4. Fibromyalgia: Fibromyalgia is a chronic pain condition defined by its various symptoms, including pain and stiffness throughout the body, fatigue, disruptions to sleep, headaches, and cognitive issues. In addition to pain management, our occupational therapists can help you manage the realities of living with a chronic condition like fibromyalgia. We’ll help you develop daily routines to ensure you’re completing necessary tasks and work with



you to establish gentle exercise and mindfulness routines to combat fatigue and depression symptoms.

5. Burns, sprains, and other injuries. Our occupational therapists can also help you recover from injuries, particularly injuries to the hands or arms. For example, if you’re struggling to navigate the house with a cast, we can show modifications to help you complete your daily chores without hassle. We’ll also help you regain strength and mobility in the affected area as you heal.

CALL FYZICAL TO MAKE AN APPOINTMENT TODAY!

[Click Here For Your Next Appointment](#)

If you’re living with these or any other condition that might benefit from occupational therapy, call us to schedule an appointment today. No matter what condition you’re experiencing, our team of therapists will help you find self-sufficiency in your daily life!

Sources: <https://research.aota.org/ajot/article/72/5/7205395010p1/6484/Occupational-Therapy-Interventions-for-Adults-With> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5182014/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9204113/>

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 1st, 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