



# Celebrating National Physical Therapy Month!

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## Celebrating National Physical Therapy Month!

Did you know that October was National Physical Therapy Month? So, while the leaves were turning and you were working on your jack-o-lanterns, we were making sure that people were pain-free to enjoy their every day activities! Take the time to learn more about the many benefits of physical therapy.

### WHAT IS NATIONAL PHYSICAL THERAPY MONTH ALL ABOUT?

For almost 40 years, physical therapy has been celebrated by official proclamation. And since 1992, October is the month for honoring physical therapists and the important role they play in healing people in pain. In the modern era of social media, hashtags like #UsePhysicalTherapy and #ChoosePT have helped spread the word.

Physical Therapy Month allows patients to share their stories about how PT has changed their lives for the better. It also gives physical therapists a forum for spreading the word about the different kinds of treatment patients can receive. Many members of the general public don't realize that aside from specialized exercises that build strength and flexibility, PT also offers pain management through massage, heat and cold applications, and specialized electronic-pulse devices.

### WHAT SYMPTOMS AND CONDITIONS DOES PT HELP?

Physical therapy tends to be associated with sports injuries, along with chronic problems such as back pain, surgery recovery, and balance issues. Yet, you may not realize the range of problems which physical therapy can help -- both for pain management and to help ease other symptoms.

Do you have hand pain and stiffness? Physical therapists treat hand and wrist conditions ranging from carpal tunnel to "trigger finger." Tennis elbow and rotator cuff injuries can also be aided through PT. Among other conditions the general public may not associate with physical therapy are pelvic floor dysfunction, TMJ, cardiopulmonary disease, Parkinson's, and traumatic brain injuries.

### WHY #CHOOSEPT?

In recent years, National Physical Therapy Month has also focused on the alternative PT offers over opioids. With opioid abuse at an all-time high -- and tragic overdoses on the rise -- alternatives to this class of prescription medication are even more important. The National Centers for Disease Control (CDC) estimates that opioid prescriptions have quadrupled in recent years. Yet, the number of people reporting chronic pain has not gone down.



# How Can I Benefit From PT?

Of course, many people who have conditions like back injuries or arthritis already understand that physical therapy can increase their range-of-motion. But aside from adding flexibility, physical therapy is a viable way to reduce acute and chronic pain.

Prescriptions certainly have a valid place in pain management, and it's true that physical therapy isn't right for every patient. So how can you tell if physical therapy is a better choice than prescription opioids?

The CDC suggests that if you fall into any of these categories, physical therapy can be beneficial:

- Pain comes from fibromyalgia, low back pain, knee arthritis or hip arthritis. These conditions in particular are known for responding well to physical therapy when it comes to pain management.
- The pain has lasted more than 90 days, meaning that it has gone from "acute" to "chronic."

- The benefits of prescription opioids don't outweigh their risks. In the early days after an injury or an operation, painkillers help patients function without crippling pain. But with each day that passes, the risks opioids pose outweigh the rewards.
- If you've become afraid of the pain. Obviously, nobody welcomes physical discomfort. But some people become overly dependent on a pill's ability to remove all aches and twinges. In physical therapy, pain is a way to determine exactly what needs to be worked on, in order to reduce discomfort down the road.

Does an official month really matter, given that physical therapists are out there making a difference every day? In many ways, yes! If you or a loved one has been on the fence about giving PT a chance, the many stories you're likely to hear after this month of public awareness may help you to decide. If you have any questions about whether you should #UsePhysicalTherapy, call our office today to discuss your condition and to set up an evaluation.

## Show Us Some Love!



If you've had a great experience at TherapyWorks, give us a shoutout! Scan the QR Code to leave us a Google review and help us help more people in our community!



## Exercise Essentials *Helps strengthen glutes*



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### BRIDGING

While lying on your back, raise your buttocks off the floor or bed. Hold for 10 seconds and repeat 8 times.



# What Are The Top 3 Benefits Of Physical Therapy?

If you are living with chronic pain, or pain lasting three months or longer, you are not alone. In fact, according to the American Academy of Pain Medicine, approximately 100 million Americans live with chronic pain.

## HOW PHYSICAL THERAPY CAN BENEFIT YOU:

Our physical therapists are movement experts, fully equipped to treat your chronic pain symptoms. They will create a treatment plan targeting your specific needs, in order to provide the best passive and active therapy treatments for your condition. There are many benefits to physical therapy; however, the top 5 include:

**1. Physical therapy gets to the source of the pain.** Part of the reason why physical therapy is so successful is because it gets to the base of the problem in order to alleviate pain completely, rather than just masking the issue. Pills may be easier to pop in your mouth for pain relief, but it only masks the pain but doesn't fix the problem. Fortunately, physical therapy does.

Your physical therapist will perform a thorough evaluation at your initial appointment, in order to determine where the pain is stemming from and what the best treatments for it will

be. Physical therapy gets to the root of the problem in order to provide long-term relief.

**2. Physical therapy plans are targeted toward the individual needs of each patient.** In addition to your passive treatments, your physical therapist will create an active exercise plan for you that is specifically tailored to your recovery process. Physical activity can help in reducing your pain significantly, in addition to reducing swelling, improving range of motion, promoting healing, and increasing overall strength and endurance.

**3. Physical therapy is noninvasive and safe - with no risk of harmful side effects.** Some common treatments that physical therapists provide include massage, ultrasound, joint mobilization, electrical nerve stimulation, and diathermy. These are all natural treatments that have a very low risk of side effects, especially when compared to other methods of pain relief, such as surgery and medication.

## GET STARTED BENEFITTING FROM PHYSICAL THERAPY TREATMENTS TODAY:

Are you living with pain? Are you looking for a natural way to treat your pain? If so, look no further. We can help you get the treatment you need so you can live a pain-free life!



## Dry Needling at TherapyWorks

**What is Dry Needling?** Dry Needling involves inserting a tiny monofilament needle in a muscle or muscles in order to release shortened bands of muscles and decrease trigger point activity. This can help resolve pain and muscle tension, and will promote healing. This is not traditional Chinese Acupuncture, but is instead a medical treatment that relies on a medical diagnosis to be effective.

**Who can benefit?** Dry Needling is a valuable and effective treatment for musculoskeletal pain. Patients with the following symptoms may benefit from this treatment:

- Muscle Strains
- Tendonitis
- Osteoarthritis
- Decrease Mobility/Range of Motion
- Headaches
- Chronic Pain

**Call us today to see how Dry Needling can help you! This service is cash only.**

## Staff Spotlight



**Michael Van Nice  
PTA**

Michael Van Nice, PTA, completed his Physical Therapist Assistant degree at Washburn University. He became interested in physical therapy after sustaining a knee injury while competing in a Martial Arts competition. This led him to find his love for physical therapy. Michael is interested in studying many different treatment options and wants to specialize in more than one area. He likes that physical therapy takes a hands-on approach, and patients can be proactive in their recovery. Michael and his wife enjoy walking their dogs, biking, and going on hikes.

## Patient Success Spotlight



*"I felt really comfortable here and enjoyed the experience. I did improve from when I first came here. The therapists were so good. Thanks to all of you! I have already told a couple of people about TherapyWorks."*

— Janice