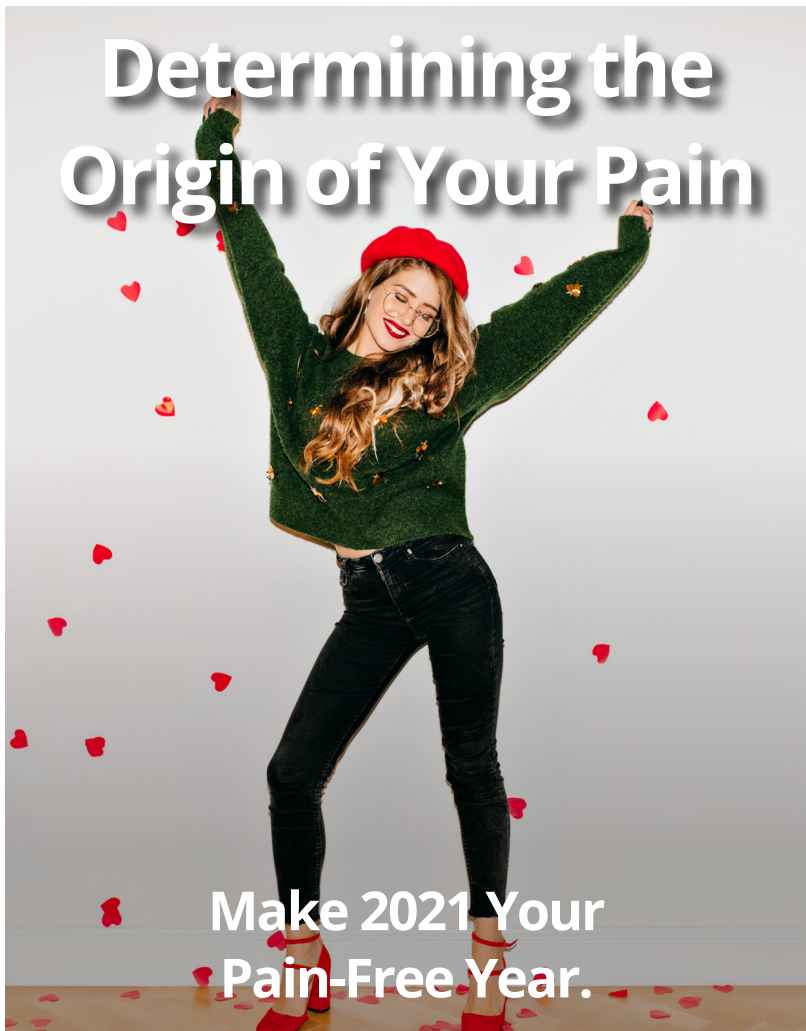


Determining the Origin of Your Pain



**Make 2021 Your
Pain-Free Year.**

NOW OFFERING
TELEHEALTH!

Call (785) 749-1300 to
book your appointment
today!



Determining the Origin of Your Pain

Sometimes it happens when pain develops that you can immediately identify the cause. A new pair of shoes may cause a sharp pain in your heel, or an old chair at work may cause your back to grow sore and uncomfortable as time goes on. But there are other situations in which pain develops, and the cause of the pain is unclear.

Different types of bodily pain can tell you different things about your body and overall bodily health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are like well-trained detectives when it comes to identifying the causes of pain. A physical therapist knows the way that the nervous system works, making it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, your back, your neck or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for. Physical therapists are trained in identifying and treating the cause of your pain, giving you the opportunity to shift away from the ongoing use of pain medication and instead find relief from your pain with a series of strategies that include stretching, muscle building and flexibility training.

UNDERSTANDING YOUR PAIN

When you meet with a physical therapist to understand where your pain may be coming from, one of the first things you'll do is have a conversation about your pain. How long you've been experiencing pain, where it developed and how the pain manifests itself are all very important distinctions that can help shed some light on what may be causing your discomfort.

Here are a few things you may want to consider before heading into physical therapy:

- Consider exactly where the pain occurs in your body, and research what the different parts of the body are called so that you can have an accurate and helpful conversation about your pain. For example, back pain has a lot of different differentiations, and lumbar pain (which is in the lower back) is frequently caused by factors different from what would cause upper-back or neck pain.
- How does the pain feel when it develops? Is it a lingering ache? Is it a sharp stab? Is it more of a tingling feeling? Each of these sensations is actually associated with different types of problems, so describing your pain appropriately may be helpful in determining the best treatment methods for your body's needs.

(Continued Inside)



Get to the Bottom of Your Pain.

(Continued From Outside)

• What do you think may be causing the pain? Of course, it happens that pain will develop, and you are dumbfounded as to why, but more often than not, there is something that you think could be influencing it. If the pain started around the same time as a change in environment or life circumstances, then it is worth telling your physical therapist about the association.

Another thing to consider about your pain is whether or not it develops at particular times of the day or year. There are plenty of situations when someone begins to experience pain when the weather starts to change, and it turns out that the pain is a result of arthritis and inflammation. There are other situations in which the pain will develop as a result

of prolonged sitting or the opposite — such as when things get crazy at home or at work, and you find that you are not getting as much sleep as usual. Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain.

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the smart thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication. For more information about physical therapy for overcoming bodily pain, contact us.

Call us at (785) 749-1300 or visit www.therapyworkskansas.com

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 to relax your whole body.*

DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly. Repeat 10 times.



Let's Connect! Follow Us On Social Media!



Tips For Better Heart Health



- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate

exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.



Staff Spotlight



**Laura Olson
DPT**

Laura Olson, DPT completed her bachelor's in Biology at Graceland University in Lamoni, Iowa. She then went on to get her Doctorate in Physical Therapy from the University of Kansas Medical Center in Kansas City. As a lifelong dancer, Laura had several experiences with physical therapy early on that influenced her decision to pursue this career of helping others. Laura finds it fulfilling to assist others with achieving their goals and returning to their activities. Laura has a strong interest in orthopedics, aquatic therapy, and headache treatment. Her hobbies include traveling, reading, crafts, and dancing.

Patient Success Spotlight



"All the therapists were great! It was a very good experience!" — Paul

At Home Physical Therapy With Teletherapy

TherapyWorks provides a HIPAA-compliant telemedicine platform for their patient. We now offer services at a distance and through video telecommunications in the comfort of the patient's home. Stay safe and healthy and continue your PT treatment at home with Teletherapy.

Benefits of Teletherapy

- No transportation time or costs
- No need to take time off of work
- Eliminate child or elder care issues
- On-demand options
- Access to Specialists
- Less Chance of Catching a New Illness
- Less Time in the Waiting Room

Call us today to learn more about our teletherapy offerings!