



Live a Happier and Healthier Life with Physical Therapy!

ALSO INSIDE: *Aspire Toward A Happier And Healthier Life Today • Feel Better By Eating Better • Patient Success Spotlight*





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DRYNEEDLING!

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

Live a Happier and Healthier Life with Physical Therapy!

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially for those suffering from chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of health and fitness, all while reducing your pain. If you are looking for a healthier, stronger, and more active lifestyle, contact TherapyWorks today!

GETTING ON TRACK WITH PHYSICAL THERAPY:

The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints simply aren't what they used to be, and you are looking for relief? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health.

A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions

and at-home exercises, patients strengthen their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

PHYSICAL THERAPY TREATMENTS ARE CATERED TOWARD YOUR NEEDS AND GOALS!

Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound.

An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.



Aspire Toward A Happier And Healthier Life Today

Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.) Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain. Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others unfortunately give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.

Sources: http://www.apta.org/uploadedFiles/APTAorg/About_US/Policy/2013/12/5/
<http://www.apta.org/Media/Releases/Consumer/2013/12/5/>

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!



Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further – TherapyWorks is here to help. Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Call us at (785) 749-1300 or visit us at www.therapyworkskansas.com to schedule your appointment today!

Exercise Essentials

Helps loosen your lower back.

PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up on to your elbows. Hold for 10 counts then return to start position. Repeat 8 times.



FEEL BETTER BY EATING BETTER



There's no question that what you eat affects how you feel, and a healthy diet helps you feel better. The healthiest diet is one that emphasizes whole grains and fresh fruits and vegetables and that includes lean protein and low-fat or no-fat dairy products. Combine a healthy diet with regular exercise, and you will find it helps your mood as well as your body. Here are some tips to help improve your mood and activity with the right nutrition.

Mix in Protein to Boost Mood.

Like fiber, protein can help you to avoid blood sugar crashes. Some good sources of protein are chicken, fish, eggs, seeds and nuts, low-fat yogurt, low-fat cheese and milk, tofu, and peanut butter.

Don't Worry, "B" Happy.

The B vitamins, including B6, B12, and folic acid, play a role in the production of brain chemicals that regulate mood. Especially if you have depression, be sure to consume foods

rich in these vitamins. Good food sources for many B vitamins include shellfish, poultry, eggs, low-fat yogurt, and fortified breakfast cereals. Folic acid in particular is found mostly in leafy greens.

Drink water.

Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.

Be active whenever you can.

Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.

Enjoy your food but eat less.

Use a smaller plate for meals to help control the amount of food and calories you eat.

Patient Success Spotlight



"A great blend of caring and professional expertise! All the therapists I worked with were dedicated to helping me learn the exercises and continue at home. This is a very professional approach — enabling the patient to feel confident they can continue the progress on their own." — Michele



JULY VIRTUAL WORKSHOP

ROTATOR CUFF

July 8th and 26th,
at 6:30pm

Call us today to
register for this
free workshop.

785-749-1300



Has Your Pain Come Back?

- 1 Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3 Contact Therapy Works for an appointment. We will guide you so you can get back to the activities you love.

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