



Are You Ready for the Challenges of 2022?

Get Healthier & Stronger with PT!

ALSO INSIDE: January Virtual Workshop
How to Approach a New Year's Resolution • 3 Tips to Bear
Achy Shoulders • Patient Success Spotlight





Are You Ready for the Challenges of 2022?

Get Healthier & Stronger in 2022 with PT!

With a new year comes a new opportunity for you to get healthier and stronger. When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact TherapyWorks today to find out more about how our services can help you live a healthier, stronger, and more active life in 2022 and beyond!

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



How to Approach a New Year's Resolution

1. Consider Your Intentions. The most common resolutions are to lose weight, spend less money, and get organized. Those are all valuable and healthy practices. But why are they your intentions? Do you want to feel better about your body? Know that you won't need to worry about money for retirement? Honoring the personal meaning behind an action helps us maintain our resolve.

2. Focus on Process, Not Results. Don't focus on a result, with no identification of a process for how to get there. Intensely focusing on results paradoxically makes us less likely to achieve them. Instead of focusing on "losing 10 pounds," try focusing on going for walks or eating healthy salads for lunch — you will probably end up losing some weight in the process. And you'll probably enjoy the journey a lot more. The focus of our resolution should be the process — the infinite present moments in which transformation will occur — rather than the single instance of its attainment.

3. Consider Resolution Alternatives. If the pressure of New Year's Resolutions is too much, consider a few alternative ways to set your intentions for the upcoming year:

Make a Vision Board: A vision board compiles images that represent what you want for yourself in the upcoming year. It's a great way to have a visual reminder of your intentions.

Choose a Word of the Year: Many people have embraced the trend of choosing a word for the year — like breathe,

trust, dance, fly — that encapsulates the feelings, attitudes, and behaviors they desire in the year ahead. This word can guide your choices and actions — instead of setting firm expectations for yourself, you can ask if a particular behavior aligns with your word and your intentions.

Ultimately, New Year's Resolutions are about growth and improvement. They are about bringing health and joy and ease into our lives. With mindfulness we can bring awareness to our habits and hold ourselves with compassion and kindness as we seek meaningful transformation.

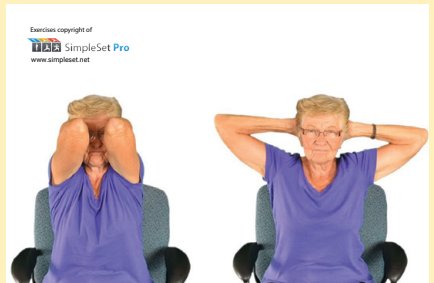
If getting healthier and stronger are part of your resolutions this year TherapyWorks can help. Contact us today to find out how we can help make your 2022 as enjoyable as possible!



Exercise Essentials

SITTING CHEST STRETCH

Sit in a chair, keeping good posture. Raise your arms up with your elbows in front of you, and lock your hands together behind your head. From this position, push your elbows out to each side as far as you can go while keeping your hands locked. You should feel a nice stretch in your chest. Repeat 6 times.



Exercises copyright of
 SimpleSet Pro
www.simpleset.net

Has Your Pain Come Back? Come Back to PT!

- 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 TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.

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www.therapyworkskansas.com



3 TIPS TO BEAT ACHY SHOULDERS

Try these simple actions to improve the health of your shoulders and alleviate that nagging ache or sharp pain for good:

1. Sit up tall! – The number one reason for repetitive injury and pain in the shoulders is poor posture. When the ball moves forward in the socket, the rotator cuff becomes vulnerable to injury! There is less space for the muscles which can then get “pinched”. The muscles are also overstretched, making them weaker.

2. Strengthen your rotator cuff muscles – By keeping your rotator cuff muscles strong, you help guide your shoulder joints, lessening the chance for injury and inflammation to occur. A simple exercise to perform is while sitting or standing, keep elbows at your side bent to 90 degrees and thumbs up. Push your hands out like opening a newspaper. Repeat 10 times.

3. Improve your scapula stability – The shoulder blade makes up an important part of your shoulder complex. It has many different muscles attached to it, pulling at just the right time for proper shoulder movement. Improve the shoulder blade muscles by frequently firing them. In sitting or standing, drop your shoulders slowly down and back. This wakes up those important muscles which help guide the shoulder blade when using your arm. Perform 10-15 repetitions, holding the contraction for 5 seconds frequently throughout the day.

By working on these 3 simple actions, you can dramatically improve the performance and feel of your shoulders.

CALL TODAY TO STOP THE PAIN
(785) 749-1300

JANUARY VIRTUAL WORKSHOP

SHOULDER PAIN

With Cynthia “Cindy” Johnson, M.S., MCMT
Jan. 5th at 6:30 pm and Jan. 19th at 6:30 pm

Scan the QR code or call us today to register for this free workshop.



SCAN ME

FACEBOOK LIVE INTERVIEW EVENTS

Wed., Jan. 12th at 4:30 pm Topic: How to Choose a PT Practice with James Quinn

Wed., Jan. 26th at 4:30 pm Topic: Hip Pain and Injury with Mike Van Nice

Checkout our Facebook page for more details
www.facebook.com/TherapyWorksKS/

Patient Success Spotlight



“I was unable to raise my arm past my shoulder, reach behind my body, comfortably play pickle ball, or even get a regular night’s sleep. I was apprehensive, doubtful, but desperate, as my doctor referred me to TherapyWorks. These fears were allayed from day one. The staff is professional, caring, and open for discussion about the pain and apprehension. The spot massaging, stretching, and strengthening exercises helped way past my expectations.

As the sessions ended, we worked on techniques and exercises to help both shoulders stay flexible and strong.” - Stan

GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!



Start Feeling Better Today! Call Us At (785) 749-1300 Or Visit Us Online At www.therapyworkskansas.com



TherapyWorks
Vibrant Health ~ Caring Professionals

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THERAPY HOURS

MONDAY	8 AM - 7 PM
TUESDAY	8 AM - 7 PM
WEDNESDAY	8 AM - 7 PM
THURSDAY	8 AM - 7 PM
FRIDAY	8 AM - 5 PM
SATURDAY	CLOSED
SUNDAY	CLOSED

**HAPPY
Holidays**