



STRENGTHEN YOUR CORE

With Physical Therapy

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STRENGTHEN YOUR CORE With Physical Therapy

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At TherapyWorks, our physical therapist can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot — from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

Contact TherapyWorks today to figure out how we can help you strengthen your core muscles and improve your overall health.

WHAT ARE THE CORE MUSCLES?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

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STRENGTHEN YOUR CORE WITH PHYSICAL THERAPY

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Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

HOW PHYSICAL THERAPY CAN HELP STRENGTHEN YOUR CORE

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.



**Are You in Pain?
Have You Suffered an Injury?
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.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

WHAT TO EXPECT IN PHYSICAL THERAPY

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At TherapyWorks, our physical therapists are here to help you improve your function and relieve your pain.

**If you want to strengthen your core,
relieve your pain, and improve your
overall health, call us today to set
up an appointment!**

CALL (785) 367-3395 TODAY!



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www.therapyworkskansas.com

Exercise Essentials

FORWARD BEND — LONG SITTING

Sit with legs straight out and lower back tall. Bend forward, keeping your lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



Staff Spotlight



MARK HURLEY, PTA

Mark Hurley, PTA, completed his B.S. in Biology at the University of Saint Mary and received his Physical Therapist Assistant degree at Washburn University. Mark loves to help anyone experiencing pain or dysfunction, and he is especially passionate about geriatric rehabilitation, chronic pain management, and recovery from acute medical conditions. Mark became interested in physical therapy after receiving PT himself. As a collegiate student athlete, his therapists helped him recover from a hand injury and inspired him to help others achieve their own health goals.

As a Navy veteran and a father of two, Mark doesn't have to try hard to stay active! Mark is a volunteer youth sports coach and enjoys weightlifting, walking his dog, jogging, and meditation. In his free time, he also enjoys traveling, learning languages, and watching historical documentaries.

APRIL VIRTUAL WORKSHOP



BACK PAIN AND SCIATICA

With Cynthia "Cindy" Johnson, M.S., MCMT
April 7th at 6:30 pm and April 19th at 6:00 pm

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



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!

Scan the QR code to go to our Google Review page.

FACEBOOK LIVE INTERVIEW EVENTS



Wed., April 13th at 4:30 pm Topic: Pelvic Floor Therapy FAQ with Britani Baxter, PTA

Wed., April 27th at 4:30 pm Topic: Benefits of Massage with Sarah Helteneberg, Massage Therapist



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



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