



**DON'T LET CHRONIC
PAIN HOLD YOU BACK!**

**Find relief from your chronic pain
and get back to enjoying life!**

ALSO INSIDE:

September Virtual Workshop • Exercise Essentials • Patient Success Spotlight



PUT AN END TO YOUR CHRONIC PAIN With PT!



Have you been living with chronic pain? Are you willing to do what it takes to feel good again?

At TherapyWorks, our physical therapist uses the most advanced strategies to help you manage your pain and, for some, eliminate it altogether!

September is Pain Awareness Month, and in honor of this, TherapyWorks would like to provide you with some vital information regarding the origins of pain and how physical therapy can help manage and alleviate it.

Pain is very complex. Gone are the days when ignoring or pushing through your pain was the best solution. Fortunately, our team understands the complexity of pain and, more importantly, how to alleviate it once and for all! Pain happens for several reasons and manifests in different ways.

Understanding the source of your pain is one of the first steps to combat it and prevent it from returning in the future. Our clinic specializes in treating people from all backgrounds and experiences with pain. We are trained professionals who will have you feeling your best in no time at all.

If you're experiencing discomfort or have noticed that your ability to do your usual activities has dwindled,

it's time to call in our team of physical therapists from TherapyWorks.

UNDERSTANDING THE SOURCE OF YOUR PAIN

How long you've been experiencing pain, where it developed, and how it manifests are significant distinctions that can help shed some light on what may be causing your condition. It is also essential to understand that the intensity of your pain is not always the more reliable characteristic for finding relief.

Too often, people focus only on the intensity of their pain which is influenced by stress levels and societal or familial beliefs. The location and duration of pain are effective, reliable ways to manage and alleviate your pain once and for all.

When you meet with a TherapyWorks physical therapist, you'll have a conversation about your pain to determine how it started, when it began, where it began and how it behaves (i.e., what makes it better or worse).

There are also some things to consider before heading into physical therapy:

- Try to remember or identify precisely where the pain occurs in your body. Pain that is localized can be

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PUT AN END TO YOUR CHRONIC PAIN

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easier to identify the possible tissue that is causing it. When pain is more diffuse, it can be trickier to figure out what is causing it.

- Consider how the pain feels. Is it a steady ache or sharp and intermittent? Is it more of a tingling or prickly feeling? Each sensation is associated with different types of problems, so describing your pain appropriately may help determine the best treatment methods for your body's needs.

- Does it get worse with activity or inactivity? For some people, there are specific movements that cause pain.

For others, the issue is due to the quantity of accumulation of activity and not a specific event. One of the most common misunderstandings is that pain needs something to worsen, but in reality, many people get worse from a prolonged position or improper posture.

No matter what, our physical therapists can help! We are experts and weeding through the possibilities and clarifying what is causing the pain. Our goal is to help you resolve it once and for all!



WHAT IS CHRONIC PAIN?

Our bodies sustain injuries and experience pain no matter how careful we are. Too often, people wait too long to seek help, which can make the situation more complicated and lead to chronic pain. Chronic pain is pain that persists past normal healing time and lasts or recurs for more than 3 to 6 months.

Although most people think of chronic pain as a continuous problem, most of the time, it is cyclic in nature. Typically an individual will have an episode of pain that gets better only to be followed by a recurrence, followed by yet another recurrence.

As time goes on, the frequency and duration of the pain get longer, whereas the periods where it is less problematic grow shorter.

Seeking help from the physical therapists at TherapyWorks can make all the difference. Identifying the underlying cause of your pain and figuring out the possible triggering events can lead to a reversal of the condition and eventual relief.

HOW PHYSICAL THERAPY CAN HELP

Physical therapists are trained in identifying and treating the cause of your pain. This allows you to shift away from using pain medication and instead find relief with strategies that include manual therapy, stretching, muscle building, and cognitive behavioral therapy.

Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain. Our therapists will work with you to identify solutions that fit your lifestyle and offer lasting results. The combination of physical therapy with psychological approaches has been shown to be the most effective way to improve physical function and resolve chronic pain struggles.

Our clinic uses several manual therapy techniques that focus on the areas you're experiencing pain or movement restrictions. When the reason for your pain is determined, we assist you through movement to regain optimal function in each joint, muscle, or other tissue causing the pain.

Our physical therapist is as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

The result of physical therapy at TherapyWorks is that you can live the active life you want, free of painful limitations.

**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.



**Call us at (785) 367-3395 or visit us at
www.therapyworkskansas.com
to schedule your appointment today!**

www.therapyworkskansas.com

Exercise Essentials

This exercise helps relieve shoulder pain.

CROSS ARM STRETCH

Sit or stand with good posture. Reach across your chest. Place opposite hand at elbow, gradually pull to stretch the back of your shoulder.



Patient Success Spotlight



"I have come SO FAR in my rehab! From not being able to walk at all to almost 100%! Thank You All!"

- Jane

SEPTEMBER VIRTUAL WORKSHOPS

SHOULDER PAIN & ROTATOR CUFF

With Cindy Johnson, M.S., MCMT
September 7th at 6:30 pm



BACK PAIN & SCIATICA

With Cindy Johnson, M.S., MCMT
September 21st at 6:30 pm

FACEBOOK LIVE INTERVIEW EVENTS

September 14th at 4:30 pm Topic: Incontinence with Britani Baxter, PTA

September 28th at 4:30 pm Topic: Fall Prevention with Mark Hurley, PTA

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



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.

