



**DETERMINING THE
ORIGINS OF YOUR
PAIN**

**WORKING WITH A PHYSICAL
THERAPIST AT THERAPYWORKS
CAN HELP YOU FIND THE RELIEF
YOU ARE LOOKING FOR!**

**CHECK OUT OUR FREE
VIRTUAL WORKSHOPS**

ALSO INSIDE:

• Patient Success Spotlight • Be Someone's Inspiration!



WHAT HURTS?



DETERMINING THE ORIGIN OF YOUR PAIN

Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physical therapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall 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 specialists in identifying the causes of pain.

A physical therapist knows how the body's systems work. This understanding makes 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, back, neck, or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for.

Call TherapyWorks today and set up an appointment with our highly trained physical therapists!

UNDERSTANDING YOUR PAIN

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other

situations in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physical therapist can help you.

When you meet with a physical therapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your therapist will likely want to know:

- How long you've been experiencing your symptoms
- Where it developed and where it is currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our physical therapist will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physical therapist. Working

Continued inside.

WHAT HURTS? DETERMINING THE ORIGIN OF YOUR PAIN

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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.

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physical therapy is education about the likely source of your pain and instruction on effective techniques for relief. Our goals include:

- Reduce pain quickly through targeted movements/stretchers
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities



- Education on how to avoid recurring pain (avoid painful postures and movements)

We focus on doing what helps you feel better and move better!

CALL AND MAKE AN APPOINTMENT TODAY!

Our physical therapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call TherapyWorks today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

(785) 367-3395

Sources: onlinelibrary.wiley.com/doi/10.1111/1475-6773.12984, link.springer.com/chapter/10.1007/978-3-030-39982-5_17

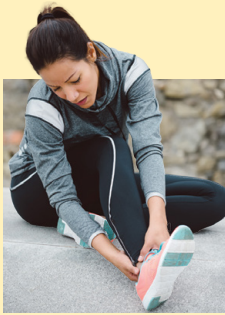
Are You in Pain? Have You Suffered an Injury? Come Back to PT!

- 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.

SIDE LUNGE

Stand with good posture. Lunge to the side. Keep back straight and your hip, knee and ankle aligned. Return to the start position. Repeat 10 times on each leg.





DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far! Our physical therapists are highly trained movement specialists. Through physical evaluations, they will be able to examine your moving body in order to decide the best treatment plan for your specific needs.

Contact TherapyWorks today to schedule an appointment and get back in the game!

Patient Success Spotlight



"Everything was a success story. Thank you, Everyone!" - Edith

APRIL VIRTUAL WORKSHOPS

SHOULDER PAIN AND ROTATOR CUFF

With Cindy Johnson, M.S., MCMT
May 3rd at 6:30 pm AND May 31 at 6:30 pm



BACK PAIN AND SCIATICA

With Cindy Johnson, M.S., MCMT
May 17th at 6:30 pm



FACEBOOK LIVE INTERVIEW EVENTS

May 10th at 11:30 am
Topic: Knee Pain with Britani Baxter, PTA

May 24th at 11:30 am
Topic: Foot Pain with Lydia Kepler, PTA



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BE SOMEONE'S INSPIRATION!



Your PT success story could be someone's inspiration to get the help they need! Scan the QR code below to share your story and make a difference in someone's life.

Share Your Success Story

