

REQUEST AN APPOINTMENT



GET THE MOST OUT OF YOUR SUMMER VACATION

Are you tired of dealing with aches and pains and just want to enjoy your summer? Does the pleasant weather make it harder to keep up with your physical therapy appointments? With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. At TherapyWorks, our highly skilled therapists will help you resolve your problems so you can do the things you have been looking forward to this summer!

Too often, the trend for many patients is to opt out of their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., stopping your physical therapy too soon can regress the current issue and the development of a new injury.

One of the most common causes of an injury is a previous injury or not resolving one issue fully. We want you to be safe, healthy, and pain-free in the summer months — so you can enjoy the warm weather without pain!

At TherapyWorks, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions!

Don't hesitate to call us today for more information on keeping physical therapy sessions as part of your routine during the busy summer months.

PHYSICAL THERAPY IS WORTH YOUR TIME, EVEN IN THE SUMMER

When it comes to physical therapy, you'll see benefits if you put in the time and the work. Research has shown that people who receive physical therapy soon after developing pain or sustaining an injury will have better outcomes. Physical therapy has been shown to reduce the likelihood of surgery, opioids, or unnecessary testing. If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule.

When it comes to results, consistency is the key. People that persist have the best outcomes. Starting and stopping or putting off therapy and hoping you will get better are likely to lead to chronic pain or new injuries.

Chronic pain lasts longer than normal tissue healing time (i.e., three months). Chronic conditions lead to physical disability, mental anxiety and depression, and a poor quality of life.

Continued inside.

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Physical therapy is one of the most effective ways to resolve your pain and prevent it from becoming chronic.

Even if you aren't dealing with chronic pain, physical therapy can help you. Time and time again, studies have shown that physical therapy not only helps resolve injury or pain it leads to improved health and overall well-being.

If you have been attending physical therapy, there are two primary reasons to stop.

- 1. You've reached your goals:** Once you and your therapist are satisfied with your success, it's time to move on.
- 2. You're not seeing progress:** It is appropriate to stop physical therapy if you aren't seeing results within the time frame your physical therapist recommended.

Although it can be frustrating to attend regular appointments in the summertime, it is vital to your success to see your therapy out to the end!

PHYSICAL THERAPY IS IMPORTANT, NO MATTER THE TIME OF YEAR!

Physical therapy is a great way to ensure you are still in optimum health and your body is strong while tackling your summer activities. Therapy programs can help the body stay strong and heal as quickly and help combat illness or future injuries.

The individualized manual therapy and consistent exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted ailments and injuries.

Physical therapy has been shown to help in the following ways:

- Reduce or eliminate pain
- Recover from/prevent injury
- Improve strength
- Improve range of motion
- Improve balance and coordination
- Reduce the risk of falls
- Avoid surgery

Schedule a consultation with one of our physical therapists today. We will educate you about what your body tells us and what you can do to reduce your injury risks. Our physical therapists can help if you suffered from pain and injury in the past and want to figure out how to stop them in the future.

Is summertime making it hard to keep up with your physical therapy? We can help accommodate whatever you may need!



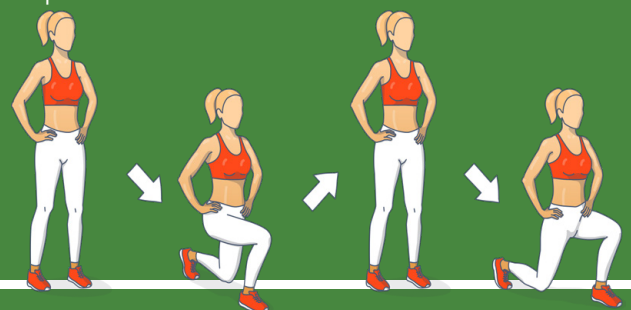
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EXERCISE ESSENTIALS

Try this exercise to help improve strength and stability.

WALKING LUNGE

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 30 seconds and repeat 5 times.



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.



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!

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Patient Success Spotlight



"Staff were great!" - Robin

JUNE VIRTUAL WORKSHOPS SHOULDER PAIN AND ROTATOR CUFF

With Cindy Johnson, M.S., MCMT
June 14th at 6:30 pm



BACK PAIN AND SCIATICA

With Cindy Johnson, M.S., MCMT
June 28th at 6:30 pm

[Click Here for Workshop Info](#)

FACEBOOK LIVE INTERVIEW EVENTS



June 7th at 4:30 pm
Topic: Meet our Family Nurse Practitioner, Tori Hinderliter



June 21st at 4:30 pm
Topic: Meet our Chiropractor, Tyler Bohlke

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



BE SOMEONE'S INSPIRATION!



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

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