



Vibrant Health
SOLUTIONS



Move better.
Feel better.
Live better.

The Newsletter About
Caring for Your Health



UNLOCKING MOBILITY:

Our Multi-Pronged
Approach to
Addressing
Knee Pain

Special Offer

Complimentary
Joint Check-Up
Package

Details Inside

785.367.3395



Vibrant Health
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TherapyWorks

NEWSLETTER

Live better. Feel better. Live better.



Unlocking Mobility: Our Multi-Pronged Approach to Addressing Knee Pain



Are you struggling with persistent knee pain? Is it intense enough that you avoid physical activity — including your favorite hobbies? You might feel like pain medication is your only option, but at Vibrant Health Solutions, we have a better solution: a comprehensive, multidisciplinary approach to pain management without the use of medications!

Our team comprises healthcare professionals from several fields, including a nurse practitioner, chiropractor, and physical therapist. When you visit us, we'll work together to help you identify the root cause of your knee pain and pull from several different treatment modalities to help you find relief.

Don't let knee pain keep you from living a rich, active life. Call us to schedule an appointment and begin your personalized treatment plan today!

WHAT ARE THE COMMON CAUSES OF KNEE PAIN?

Any number of factors can contribute to your knee pain, including impairment elsewhere in the body (such as weakness in the hip muscles). We'll always begin by working closely with you to learn more about your specific symptoms and conditions—that way, we can select the best treatment options to suit your needs.

Here are a few of the common causes of knee pain that we can help address:

- **Sprains and Strains:** A sprain occurs when you've overstretched the ligaments in your knee, and a strain occurs when you've overstretched the muscles or tendons that support your knee joint. Both injuries can cause pain and restricted mobility.
- **Ligament Tears:** Sometimes, one of your ligaments doesn't just overstretch; it tears, either partially or completely. In addition to severe pain and restricted mobility, you might notice a feeling of weakness or "giving out" in the knee.
- **Osteoarthritis:** This condition occurs when the cartilage and bone tissue in your knee joint degenerates, leading to inflammation, pain, and limited mobility. If you hear grinding or crunching noises in the joint, it could be osteoarthritis.

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HOW WILL WE HELP TREAT YOUR KNEE PAIN

Once we've determined the source of your knee pain, our team will develop a customized treatment plan that pulls across healthcare fields to ensure you find the relief you need. We aim not simply to treat your symptoms but to help resolve any underlying impairments that might have led to your injury or condition in the first place.

Here's an overview of five of the treatments we might suggest:

- **Trigger Point Injections:** This treatment helps "quiet down" trigger points, small, tender knots that form in the tissue that wrap and surround your muscles.
- **Enriched Plasma:** Also called platelet-rich plasma (PRP), this technique uses your own blood to facilitate healing in your knee joint. We'll draw samples of your blood, process it to concentrate the platelets, and then reinject those platelets back into your knee, where they'll stimulate your body's regenerative cells.
- **Rehabilitation:** Our rehabilitation staff can help pinpoint biomechanical issues that might contribute to your knee pain and help you correct them to address the pain at its root. We can also suggest a therapeutic exercise program that will stretch, strengthen, and stabilize your knee.
- **Chiropractic Adjustments:** A chiropractic adjustment involves gently moving your joint through its current range of motion, helping to eliminate mobility restrictions and correct misalignments that could be causing you pain.
- **Class 4 Laser Treatment:** This therapy uses a warm (and non-painful) laser to reduce pain, promote mobility, and facilitate your body's healing process.

SAY GOODBYE TO KNEE PAIN: MAKE YOUR APPOINTMENT TODAY!

Regardless of the reason for your knee pain, the team at Vibrant Health Solutions will find a tailored solution that works for you. Call today to schedule your appointment to meet with our multidisciplinary healthcare team.



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Are You Ready For 2024?

If you're looking to enhance your strength and set yourself up for a fantastic 2024, we've got you covered. Our integrated team including: a nurse practitioner, physiotherapists, chiropractors, massage therapists, and more are here to provide you with specialized treatment services tailored to help you achieve your goals. With our guidance and expertise, you can get a head start on the upcoming year before your deductible renews.

Don't miss out on this incredible chance to prioritize your well-being and maximize your insurance benefits!

Contact Vibrant Health Solutions and TherapyWorks today to start living a happier, healthier life.

785.367.3395



EXERCISE ESSENTIALS

Try this exercise to help strengthen your core.

BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



Start Feeling Better Today! Call us at **785.367.3395** or visit us at www.therapyworkskansas.com



Meet our Nurse Practitioner! **Andrea D., APRN-FNP-C**

My name is Andrea D. and I was born in Shawnee, KS. I am married and have two dogs (goldendoodle and boxer mix). Both of my parents are from Colombia, South America and I am fluent in Spanish. I started working in healthcare when I was 15 years old as a certified nurse aide (CNA) and unit secretary in the ICU at a hospital. I received my Bachelor's of Nursing from University of Kansas School of Nursing and Master's of Nursing and Family Practice at Research College in Kansas City.

As your Nurse Practitioner, I am dedicated to fostering a strong patient-provider relationship built on trust, open communication, and mutual respect. My goal is to work closely with you to understand your health goals, concerns, and preferences, and to collaborate with our team of medical professionals to develop personalized care plans that empower you to achieve and maintain your best possible health.

Thank you for entrusting us with your health and well-being. I am genuinely excited to embark on this journey with you and look forward to meeting you personally at Vibrant Health Solutions.



Special Offer

Complimentary Joint Check-Up Package

- One-on-one meeting with a case manager
- Consultation
- Joint Check-Up
- Postural Analysis
- Trigger Point Assessment

Call today to schedule your Complimentary Joint Check-Up!

785.367.3395

Your 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

NOVEMBER VIRTUAL WORKSHOPS

BACK PAIN AND SCIATICA

With Cindy Johnson, M.S., MCMT & Owner
November 8th at 6:30 pm

PEAK KNEE PERFORMANCE:

FROM "BONE ON BONE" TO A BETTER LIFE
With Cindy Johnson, M.S., MCMT & Owner
November 16th at 7:00 pm



SHOULDER PAIN AND ROTATOR CUFF

With Cindy Johnson, M.S., MCMT & Owner
November 22nd at 6:30 pm

FACEBOOK LIVE INTERVIEW EVENTS

November 1st at 11:00 am
Topic: Interview on Neck Pain with Tyler Bohlke, DC

November 14th at 10:30 am
Topic: Interview on Elbow Pain with Andrea D., MSN, APRN, FNP-C

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



HYHY IN PERSON WORKSHOP ON NEUROPATHY

With Tyler Bohlke, DC
November 29th at 6:30 pm AT THE CLINIC