



Chris & Cindy Johnson — Owners




TherapyWorks

Vibrant Health
SOLUTIONS

As we at TherapyWorks arrive at our 30th year in business in Jan 2024, I have been reflecting back on our many years of providing physical therapy for the Lawrence community.

The inspiration to open a business came on one of my daily early morning walks with my husband in early fall of 1993. I realized that while there were a few PT providers in town, there were no clinics that were using the comprehensive treatment approach that I envisioned. I opened TherapyWorks to make sure that each patient's treatment plan included not only hands-on manual therapy to address joint and tissue restriction but also stretches and strengthening to increase motion followed by core stabilization and functional movement training so that each patient could achieve proper movement patterns and return to their functional goals. As we grew, we added massage therapy, personal training and we were the first in town to include a full medical wellness center and sports performance program.

All of this has been wonderful and I have been excited to learn, as I looked back at the numbers, that we have helped more than 30,000 people over the years. That comes out to over 30% of the Lawrence population. This amazes me considering our beginnings in 1,000 square feet with just myself and a receptionist.

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785.367.3395

TherapyWorks is now the Premier PT Provider for VIBRANT HEALTH SOLUTIONS

Throughout the years, our mission has always been to find and handle the underlying cause of each person's condition without the need for unnecessary medications or surgery. Pain is commonly the reason a person seeks care but it can commonly decrease or even resolve in the first few weeks of treatment. What most people don't understand, however, is that the root cause of the pain began long before the pain itself appeared. The weaknesses, tissue restrictions and poor postural alignment set the body up for using faulty movement patterns which, like a car out of alignment, causes the body to wear down and over time that leads to the pain. While medications can assist with pain relief and inflammation, they do not create the lasting changes in the body's posture, alignment and movement patterns that are needed to handle the underlying condition and permanently prevent the pain from returning. It would be like changing the tires due to a worn tread but not fixing the alignment of the car and so the next set of tires will just wear down again.

We are different at TherapyWorks because we don't stop just at pain relief. We continue until the underlying instability, weakness, postural alignment and movement patterns are addressed and corrected so that the person receives a lasting solution. We feel that this approach is crucial to the long term success for not only that patient but for the entire community as a whole.

I have always felt that while I am not an elected official, team coach, school teacher, minister, banker or professor, we do treat all of these people and more at our clinic. It is only by handling the underlying condition for each of them and getting them back to full function that they can each continue to play their own unique and vital role that enhances the entire fabric of our community. Each person makes an impact on their place of employment, their children and family and their community and even national organizations. Without their ability to focus in these areas due to poor health, they cannot make the ideal impact that they would otherwise have as part of their own personal potential. I believe that our team contributes to this tremendous ripple effect that reaches well beyond our local community.

I have come to realize that as much as we can get great results and maximize patient outcomes through PT alone, it is by using a team approach that we can achieve even better outcomes more fully and in less time. In Jan 2021 I met a PT in Florida who, with her husband had opened several of their own clinics in the Eastern US and were having great results with this integrated and non-pharmaceutical approach to pain management. When we met they had begun working with other clinics (now more than

700) across the US to transition their practices to this approach but it had not yet been done with a strictly PT practice. Their vision and mission were so aligned with my own — that of getting people better without unnecessary medications and surgery — I knew I needed to find a way to make it happen as a PT here in Kansas. I found myself suddenly stepping up to the plate in a big way to effect change.

As of Feb 2023, I have incorporated a separate medical company called Vibrant Health Solutions. It is a non-pharmaceutical (no medications) pain management medical clinic and I have 2 partners, one an MD and one a chiropractor. It is currently separate from TherapyWorks and in it we have a nurse

practitioner, chiropractor, case manager, rehab services and office staff. TherapyWorks is the premier provider of PT services for this new company and over time, we are working to fold TherapyWorks and its PT services in under the larger umbrella of Vibrant Health Solutions.

I have found over my 35 years of practice that many people, once they start down the path of cortisone and epidural injections, it very frequently leads to a joint replacement surgery and then post-operative prescriptions for opioids and other pain medications. Many of the patients with low back pain, for example, have had multiple spine surgeries and continue to struggle with pain symptoms and unwanted medication that cause other side effects. I have had so many patients explain to me how they are having pain, they want to avoid the medications and especially the surgery or due to their own medical history they are not even a candidate for these care plans and they are looking for solutions. I have also become very concerned

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about the opioid crisis in our country and have tried to find ways, within my sphere of influence, to make at least a dent in this wide-spread national problem. It is for these reasons that I knew that I had to do whatever it took to create this new company and make these solutions available to the Lawrence community. I believe that by opening Vibrant Health Solutions and providing this type of care, we can give many patients another option for their healing.

The key to joint and tissue health is movement. Trigger points, which limit movement, are formed when muscles of action start taking the place of posture muscles. They aren't designed to sustain posture so they start laying down scar tissue (ie forming trigger points) to make them stronger so they can permanently hold the contraction. We see this for example, in the upper trapezius muscles across the top of the shoulders. A person spends so much time looking at their computer and cell phone and their heavy head is no longer balanced on their spine and supported by the posture muscles running along the spine joints to hold up the head. They now must recruit the upper trapezius muscles which are designed to stabilize and control the shoulder blade for proper arm/shoulder movement, not to hold up the head. The upper trapezius muscles then form trigger points so they can sustain this prolonged contraction.

The muscles and connective tissue become restricted like a "tight knot" and limit the blood flow to that area. The tissue then cannot get the oxygen and nutrients it needs and get rid of waste products. It then gets tighter and stiffer, forming more trigger points and creating a vicious cycle over time.

All this restriction not only reinforces the poor posture but also leads to headaches and often even restricts shoulder motion causing pain. This pain puts a person in a downward cycle leading to medication and possibly surgery which also causes scar tissue, further limiting proper tissue and joint mobility. While the medications can assist with the pain, they do not solve the underlying problem that led to the pain in the first place.

In our program, we approach this problem at its root cause and from all directions at once, causing more rapid and lasting change. We start by breaking up the trigger points and scar tissue with trigger point injections and ultrasound guided joint injections using saline based products instead of cortisone which breaks down the scar tissue as well as the nearby healthy tissue. We can then safely and immediately use rehabilitation and chiropractic techniques

to get the joints and tissues moving properly again without the risks that would be present with cortisone. In this way, joints and tissues can get moving again more quickly. We carefully assess muscles for restriction and weakness and then systematically return them to health so they are performing their intended function and no longer need to create trigger points and further restriction. When joints and tissues are healthy and moving correctly again, they allow the proper fluid flow to occur which then further hydrates the joints and allows full healing to take place.

I truly believe that through this integrated approach we can now achieve our mission more fully.

It will allow us to put more people on the path toward vibrant health by quickly identifying and handling the underlying cause of each person's condition without the need for unnecessary medications or surgery.

To be sure, Physical Therapy is a vital component of any health care process and TherapyWorks is here to stay! Our friendly staff, familiar faces and long term local ownership continue to provide care for this community. There will still be a need for those who have received medical workups and even surgeries at other medical facilities to access our clinic for just physical therapy services via physician referral. I realize now, however, that we should really no longer do it alone when we know that the best results come from a tightly coordinated team of professionals working from all angles with a broader treatment approach.

It is for this reason that we at TherapyWorks are undergoing a rebranding process. Our new name, Vibrant Health Solutions, encompasses our broader scope of practice that is now available. As a medical clinic, patients can make appointments directly with our office without the need for an outside referral. They can be seen by a nurse practitioner and then their case will be reviewed in team meeting by an entire group of medical professionals from a variety of backgrounds. This team will design and present to the patient a custom care plan based on the patient's specific goals and the underlying cause of the condition.

Please join us at TherapyWorks as we grow in our 30th year beyond just physical therapy. Celebrate with us as we rebrand our company as Vibrant Health Solutions to provide more comprehensive non pharmaceutical and non surgical solutions to pain! We believe that Lawrence deserves the very best in healthcare and we are committed to doing our part to contribute to and enhance the many wonderful options that currently exist. Healthy individuals contribute in big ways and that is what creates the vibrant and exciting community in which we live!



Andrea D. APRN, FNP-C



Dr. Tyler Bohkle, DC





Patient Success Spotlight

“Where do I start. I came to VHS experiencing severe neck and arm pain like I'd never experienced before. For years I'd dealt with chronic muscle tension in my neck, shoulders and arms. This time I went over a cliff...I can now move my arms, shoulders and neck free from pain and with more range of motion and strength than I've had in a number of years. All the services, PT, trigger point injections, laser, and chiropractic has worked together to put me in the best physical shape I've been in for a long time. I don't ever want to go over the cliff again! I feel equipped to keep that form happening again. Especially with the opportunity for monthly maintenance.” — Colette R.



OCTOBER VIRTUAL WORKSHOPS

PEAK KNEE PERFORMANCE: FROM “BONE ON BONE” TO A BETTER LIFE



With Cindy Johnson, M.S.,
MCMT & Owner
Oct. 24th at 7:00 pm



FACEBOOK LIVE INTERVIEW EVENTS

Oct. 3rd at 10:30 am
Topic: Interview on Vibrant Health Solutions
with Cindy Johnson, M.S. PT & Owner

October 19th at 4:00 pm
Topic: Meet our Nurse Practitioner!
Interview with Andrea D., MSN, APRN, FNP-C



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www.facebook.com/TherapyWorksKS/

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