



Vibrant Health
SOLUTIONS



Move better.
Feel better.
Live better.

The Newsletter About
Caring for Your Health



2024 MARKS OUR
30TH ANNIVERSARY!

Thank You!

785.367.3395



Six Ways Vibrant Health Solutions Can Help You Manage Back Pain

Do you struggle to go about your day due to pain in your lower back? At Vibrant Health Solutions, we understand how difficult persistent back pain can be — which is why we work to resolve your discomfort completely!

Our medical clinic offers a blend of different treatment modalities so we can find the ones that will work the best for you in addressing your back pain. If you'd like to learn more about our medical clinic and all we can offer, call us to schedule an appointment today!

SIX PROVEN TREATMENTS FOR BACK PAIN RELIEF

1. Trigger Point Injections

A trigger point is a small, tender knot in your body's myofascia — the web of flexible tissue that surrounds your muscles. They often form due to repetitive microtrauma, such as that brought on by poor posture or non-optimum movement patterns.

Trigger point injections involve injecting those knots with a saline-based fluid that breaks up the tissue restriction without breaking down and damaging the surrounding tissues (as can happen with medication-based injections such as cortisone).

By eliminating the trigger points without using steroids, we help to reduce the pain while allowing you to quickly begin more vigorous treatment (such as rehab or chiropractic) without the risk of tissue damage.

2. Rehabilitation

Exercise and movement are some of the best ways to resolve the most common causes of lower back pain. We'll create a customized therapeutic exercise program to build strength in the core muscles that support and stabilize your spine. We might also utilize manual therapy techniques to mobilize the spine and gentle stretches to improve pain and mobility restrictions.

3. Chiropractic

Spinal adjustments are grounded in the science of spinal alignment and its profound impact on overall health. They offer a natural and evidence-based approach to pain relief, improved function, and enhanced well-being. These gentle adjustments are considered a safe, effective treatment for low back pain. Proper spinal alignment minimizes stresses on the soft tissues and relieves pressure on the nerves, thus reducing pain and improving mobility and function.

Continued inside.



Continued from previous page.

4. Enriched Plasma Injections

This cutting-edge treatment involves drawing your blood, processing it, and then injecting your own enriched plasma back into the site of pain. That enriched plasma stimulates your body's natural healing process, reducing pain and helping to resolve an injury.

5. Class 4 Laser Treatments

Laser therapy uses lightwaves for various therapeutic effects, including relieving pain, swelling, or mobility restrictions. "Class 4" laser therapy refers to lasers that produce a gentle, warming heat (which many of our patients find relaxing in and of itself). The laser stimulates the production of ATP, the energy source for use and storage at the cellular level. The increased production of ATP helps speed up the healing process within the cells.

6. Custom Back Brace

Our custom back braces are a great alternative to pain medications, offering immediate relief from symptoms without side effects. A properly fitted back brace can relieve pressure on joints, nerves, and other tissues, facilitating healing as you work through your treatment plan. It helps you stay active and mobile while providing support to your spine. Even better? It's reusable in case you injure yourself again.

WHAT TO EXPECT DURING AN APPOINTMENT

We'll always begin with an in-depth consultation to help us better understand your specific situation. During this detailed interview with our case manager, we will discuss your health history and fully review your exact symptoms, identifying the location and sensation of your back pain and whether or not you have any mobility restrictions.

We may also ask you to perform some simple movement screens, and we'll want to know all of your goals and desired outcomes. While we realize you want to get out of pain, our team is different in that we don't just want to resolve your pain—we want to help you get back to a "vibrant life" full of all the activities you most enjoy.

Following this free consultation, if you decide to move forward, you may choose to have a medical examination with our nurse practitioner. This exam consists of clarifying the primary problem and any contributing factors and performing the appropriate orthopedic or neurologic tests to validate those findings. We may refer you for additional blood tests or imaging (i.e., X-ray) if needed.

Through this detailed consultation and the subsequent medical evaluation and tests, we will uncover the root cause of your pain. We are unique in that we operate as a cohesive and coordinated multidisciplinary team, and we address your condition in a comprehensive manner. The team will meet to review and discuss your case in detail and will recommend all appropriate treatment modalities that will result in the fastest and most successful outcome.

Team members will then meet with you individually to review those recommendations and discuss a customized treatment plan designed specifically for you, pulling from our many available resources, including the five treatment modalities listed above. Throughout your care, the team will monitor your program, modifying and progressing it as needed to ensure the quickest and best results and a successful graduation.

FIND LASTING BACK PAIN RELIEF TODAY!

The blended approach to back pain management at Vibrant Health Solutions is the key to helping you find lasting pain relief. Our experts will work closely with you to develop a treatment program that suits your unique needs.

Say goodbye to back pain today — and call us to schedule your appointment!

785.367.3395

EXERCISE ESSENTIALS

Try this exercise to help strengthen your back.

FIGURE 4 STRETCH

Lie on your back with knees bent, feet flat and in line with your hips. Bring either ankle to the opposite knee forming a figure four (i.e. cross your legs). Reach through your bent knee and grasp the back of the leg still on the ground and pull it towards your chest. You should feel the stretch in your buttocks. Keep your head and neck relaxed and hold the position. Repeat for both sides.





Meet Our Case Manager

Sabrina Sloan-Quisenberry

Sabrina Sloan-Quisenberry completed her Bachelor of Arts with a focus in Psychology and a minor in History at Rockhurst University in Kansas City, Missouri. She joined our team with an extensive background of working in mental health settings and community activism. Sabrina has a passion for fluid movement and meditating, while treating the whole body and mind together. She enjoys working on her farm, hiking, spending time outdoors, and volunteering at her local animal shelter.



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



JANUARY VIRTUAL WORKSHOPS

With Cindy Johnson, M.S., MCMT & Owner

SHOULDER PAIN AND ROTATOR CUFF

• January 4th at 6:30 pm AND January 24th at 6:30 pm

PEAK KNEE PERFORMANCE:

FROM "BONE ON BONE" TO A BETTER LIFE

• January 9th at 6:30 pm

BACK PAIN AND SCIATICA

• January 17th at 6:30 pm

FACEBOOK LIVE INTERVIEW EVENTS

January 30th at 11:00 am

Topic: Interview on Back Pain Prevention Strategies with James Quinn, Clinic Director/DPT

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



Patient Success

VIBRANT HEALTH SOLUTIONS

"I came to Vibrant Health 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... I couldn't text on my phone, hold my phone during calls, or read a book. 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, have worked together to put me in the best physical shape I've been in for a long time.**"

—Colette R.

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.



IN-PERSON WORKSHOP ON NEUROPATHY

With Tyler Bohlke, DC

January 23rd at 6:00 pm AT THE CLINIC

Share Your Success Story



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