



Vibrant Health
SOLUTIONS


TherapyWorks



*Move better.
Feel better.
Live better.*

*The Newsletter About
Caring for Your Health!*



**DON'T IGNORE YOUR
BACK PAIN**

785.367.3395

Don't Ignore Your BACK PAIN

Are you someone who pushes through those mysterious aches and pains that crop up occasionally? Do you just assume your lower back pain will get better on its own? While this can work out, it's not a guarantee. If you're struggling with back pain, make an appointment with Vibrant Health Solutions and seek the treatment you deserve.

We offer an integrated approach to back pain relief, pulling from medical expertise and oversight, physical rehabilitation, chiropractic care, regenerative therapy, laser therapy, and much more. Our team will pinpoint the underlying cause of your pain and find the right blend of treatments to address your specific needs.

With the weather warming up, now's the time to take care of any lingering back pain before it blooms into a bigger issue and keeps you from enjoying your spring and summer activities. Whether planning a knockout garden or a killer summer vacation, you want to be at your best to enjoy the season!

THREE REASONS TO SEEK TREATMENT FOR LOWER BACK PAIN


1. It could get worse. People develop lower back pain for all kinds of reasons. If you suffered a sudden injury, your pain might indeed resolve on its own. But sudden injuries aren't the only cause of back pain.

Many people will develop back pain due to prolonged sitting, which can contribute to a weakening of the core muscles that stabilize the spine, putting undue strain on your lower back. Your pain will never fully resolve until you address those postural issues.

2. It could indicate a serious underlying condition. Certain medical conditions, such as spinal fractures, osteoarthritis, and ankylosing spondylitis, can all cause back pain. If left untreated, your symptoms will worsen, and they might be accompanied by additional complications.

We can help identify any underlying conditions and recommend appropriate treatment methods. If you have developed a chronic condition, we can help you manage your symptoms and work with you to delay the disease's progression.

Continued inside.



Back pain can become chronic without proper guidance from a skilled physical therapist!

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3. You deserve a pain-free life. Back pain may be common, but it can also be debilitating. Intense, persistent pain can keep you from staying active, which only worsens your symptoms and delays healing. It's a vicious cycle that keeps you from fully enjoying your life.

Rather than waiting for your pain to resolve, take a proactive approach this spring. We'll give you the tools to manage or resolve your pain so you can live your life to the fullest.

HOW DO WE HELP WITH BACK PAIN?

We will always begin with a comprehensive assessment to help us understand your unique situation. From there, our team will develop a personalized treatment plan that uses the proper techniques for your needs. Here's a quick overview of some of the treatments that we offer:

- **Trigger point injections** involve injecting a saline-based solution into the restricted tissue. This way, we can break up the trigger points and get the tissues moving again without the negative side effects of steroids or other medications.
- **Joint injections** involve injecting a saline-based solution into painful joints so we can expand the restricted joint capsule and break up the

adhesions. This allows the oxygen and nutrients into the area and removes the waste products to promote healing.

- **Regenerative therapy** offers several all-natural injections (as opposed to medication) to help reduce pain and jumpstart your body's natural healing processes.
- **Physical rehabilitation** can help strengthen the core muscles to provide better support for your spine and help you find the best way to get more active, which relieves back pain.
- **Chiropractic care** offers gentle spinal adjustments for immediate pain relief and in-depth postural corrections to help resolve your pain long-term.
- **Bracing**, when used for short periods and certain conditions, can help remove pressure from your spine and provide immediate relief as you begin treatment.
- **Massage therapy** releases tension in your back muscles and promotes blood circulation to the area, which can help reduce pain and facilitate healing if you have an injury.
- **Additional modalities**, such as ultrasound or laser therapy, can help with pain relief, increased blood flow, and an improved healing process.

TODAY'S THE DAY TO STOP IGNORING YOUR BACK PAIN!
Want to take action? The first step is simple: call Vibrant Health Solutions to schedule a complimentary initial consultation with our case manager. Then wave your back pain goodbye as you embark on a journey to long-term relief!

Call us at **785.367.3395**

EXERCISE ESSENTIALS

Gentle stretches to relieve tension and back pain.

1. CAT/COW YOGA POSE

Begin on all fours. Place your hands below your shoulders and your knees below your hips. Arch your back towards the sky and bring your face towards your chest. Return to starting position. Now arch your back toward the ground and raise your face toward the sky. Alternate and repeat.



2. CHILD YOGA POSE

Begin on your hands and knees. Spread your knees wide apart while keeping your big toes touching. Sit on your heels. Bow forward placing your torso in between your thighs. Keep your arms extended and your palms facing up.

Call us at **785.367.3395** or visit us at therapyworkskansas.com or vibranthealthkansas.com



Meet Our New PTA!

BRANDON BABBIDGE

Brandon attended Wellspring School of Allied Health in 2014 and received a degree in personal training. He worked as a personal trainer where he specialized in corrective exercise for nine years. He graduated from Washburn University in May 2023 with his Associates and a Physical Therapy Assistant degree and began his career in physical therapy. He is a circus performer and fitness enthusiast. He practices aerial arts, fire spinning, and loves to work out at the gym lifting weights. He also loves to attend live music events during his time off.



Vibrant Health SOLUTIONS



APRIL VIRTUAL WORKSHOPS

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

BACK PAIN & SCIATICA

• April 3rd at 6:30 pm

SHOULDER PAIN AND ROTATOR CUFF

• April 17th at 6:30 pm

LIVE ONLINE WEBINAR

PEAK KNEE PERFORMANCE: From Bone on Bone to a Better Life with Cindy Johnson, M.S. P.T. — Date and time TBD

Follow us on Facebook, Instagram, and X for more information and other virtual events!

Patient Success Story

“As a disabled veteran from combat in Afghanistan, Vibrant Health Solutions was fundamental in relieving my back pain and helping me recover some functionality in my shoulders and back. I highly recommend their services.”

—Chief Warrant Officer 2
Eric P. (Retired)

**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.

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



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