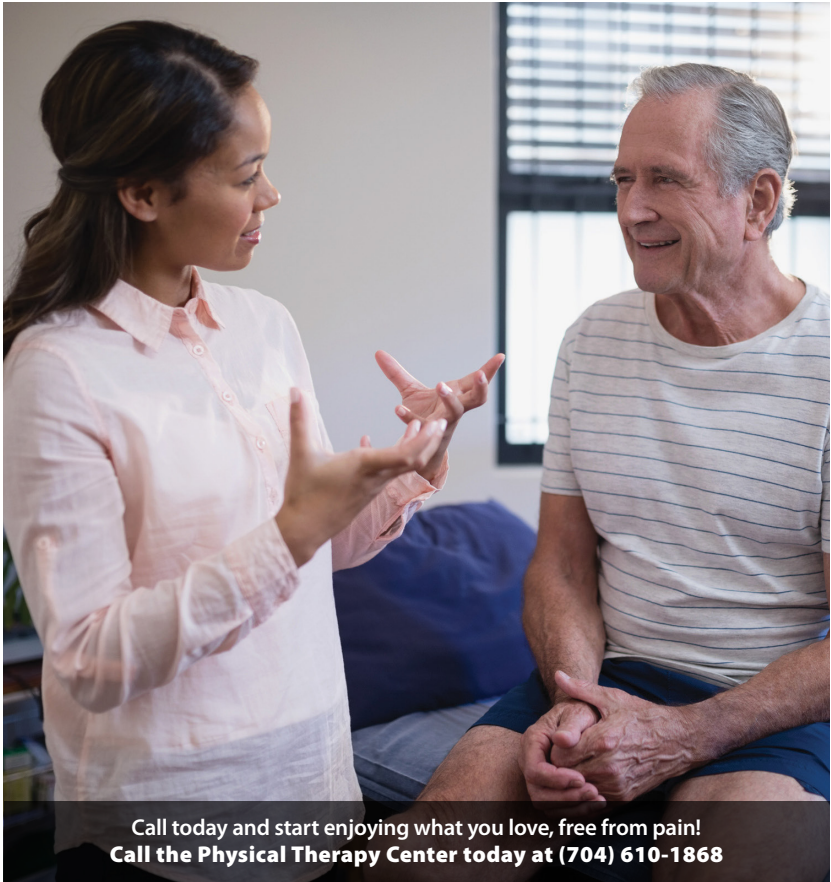




DETERMINING THE
ORIGINS OF YOUR PAIN

PHYSICALTHERAPYCENTER.ORG



Call today and start enjoying what you love, free from pain!
Call the Physical Therapy Center today at (704) 610-1868

Determining The Origins of Your Pain

Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physical therapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are specialists in identifying the causes of pain.

A physical therapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for.

Call the Physical Therapy Center today and set up an appointment with our highly trained physical therapists!



Understanding Your Pain

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physical therapist can help you.

When you meet with a physical therapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your therapist will likely want to know:

- How long you've been experiencing your symptoms
- Where it developed and where is it currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our physical therapist will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.

Life is too short to be living in pain.

Give us a call today to
set up your next appointment!

How Physical Therapy Can Help You Find Relief

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physical therapy is education about the likely source of your pain and instruction on effective techniques for relief. **Our goals include:**

- Reduce pain quickly through targeted movements/stretchers
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

We focus on doing what helps you feel better and move better!

Call & Make An Appointment Today

Our physical therapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call the Physical Therapy Center today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

Sources:
<https://onlinelibrary.wiley.com/doi/10.1111/1475-6773.12984>
https://link.springer.com/chapter/10.1007/978-3-030-33982-5_17



Feel Better By Eating Better! Healthy Pumpkin Oat Cookies

- 2.5 cups rolled or quick oats
 - 1 cup pure pumpkin puree
 - 3 tbsp maple syrup, agave syrup or coconut sugar
 - 2 tsp pumpkin pie spice or cinnamon
 - 1/2 cup dairy-free chocolate chips
1. Pre-heat oven to 350 degrees.
 2. Mix all ingredients in a bowl to form a thick dough. Start with 2 tbsp of sweetener and adjust sweetness as desired. I use 3 tbsp of maple syrup.
 3. Use your hands to create 12 cookie shapes. The cookies will not spread or change shape during baking so be sure to create the shape you want before baking.
 4. Prepare a baking pan with parchment paper or place cookies directly on the pan. Bake for 10 minutes.
 5. Remove from oven and enjoy warm after a few minutes. Let cool completely before storing. Store at in a sealed container at room temperature for 3 days, in the fridge for up to 1 week or freeze up to 3 months.

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location
(704) 610-1868

Waxhaw Location
(704) 459-4269

South End Location
(980) 303-3991

Monroe Location
(704) 459-3794



What Are The Best Sleeping Positions?

How are you sleeping at night? Sleep is the body's uninterrupted time to repair tissue damage, heal wounds, restore organ function, stabilize chemical imbalance, refresh areas of the brain that control mood and behavior, and improve performance. Restful sleep— and a proper sleeping position— is a critical part of maintaining good health.

It's critical that we learn to sleep in the best position for proper spinal alignment. The better shape our spine is in, the lower our chances of developing neck, pain, or shoulder pain become. The better our spinal alignment is, the better our overall posture will be during the day.

1. Do you sleep on your back?

If so, placing a small pillow under your knees can help to reduce stress and strain on your spine and support the curve in your lower back. The pillow your head is resting on should support your head and the angle of your neck and shoulders.

2. Are you a stomach sleeper?

Sleeping on your stomach can cause stress on the back because the spine can be thrown out of position. To avoid this, place a flat pillow under your stomach and pelvic area. This will keep your spine in better alignment, as will sleeping with a flat pillow under your head or without a pillow at all.

3. Or are you a side sleeper?

This is the most commonly used sleep position. And it is vital to have good neck support for all side sleepers. The thickness of the neck pillow may create muscle spasms and strain on either one or the other side of the neck, which may cause pain and headache. Roll up a soft towel and put it under a thin pillow on your preferred sleeping side to support your neck in a good alignment.



Featured Exercise Corner Pectoral Stretch



Stand in corner, keep elbows slightly below shoulder height. With elbows bent, position forearms flat against the sides of the wall. Move chest towards the wall to feel a stretch in the front of your chest.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.

Don't Let Your Insurance Go To Waste!

Come see us and we will get you feeling better fast, at little to no out-of-pocket expense!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let our family help your family get a head start going into 2023, before your deductible renews again!