



connections
PHYSICAL THERAPY

NEWSLETTER

DETERMINING THE ORIGINS OF YOUR PAIN



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HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF
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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 Connections Physical Therapy 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 therapists 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.

Our goal is to help you reach yours!

**Come back into our clinic for treatment
and take a step towards better health.**

COME BACK IN FOR PT!

connectionspt.com

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)

Call And 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 Connections Physical Therapy 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/10.1007/978-3-030-39982-5_17



Our Goal Is To Help You Reach Yours!

Scan the QR Code to visit our website and schedule your appointment!

EXERCISE ESSENTIAL

HIP ADDUCTOR STRETCH

Improve the strength and coordination of your hip muscles. Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg.

*This exercise is designed for pain prevention.
Call your therapist if you are experiencing any pain!*





Healthy Recipe

ROASTED BUTTERNUT SQUASH

- 1 large butternut squash (about 3 pounds), peeled and seeded and cut in 1-inch chunks
- 3 tbsp good olive oil
- 2 tsp kosher salt
- 1 tsp freshly ground black pepper

Preheat the oven to 400° F. Place the squash on a sheet pan and drizzle with the olive oil, salt, and pepper and toss well. Arrange the squash in one layer and roast for 25 to 30 minutes, until the squash is tender, turning once with a metal spatula.

<https://www.foodnetwork.com/recipes/no-garden/roasted-butternut-squash-recipe-1921606>

Community Events

Our Connections PT team is out and about to spread the word on how physical therapy can reduce pain and improve quality of life.



Scan the code to find us.>>



Scan the code to <<find us.



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PHYSICAL THERAPY

Call your nearest Connections Physical Therapy clinic to schedule your next PT appointment!