NEWSLETTER

Beyond
Physical Therapy

SEPTEMBER 2022



HOW PT CAN HELP YOU ALLEVIATE CHRONIC PAIN

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Beyond Physical Therapy

NEWSLETTER
SEPTEMBER 2022
The Newsletter About Your Health & Caring for Your Body



HOW PT CAN HELP YOU ALLEVIATE CHRONIC PAIN

Have you been living with chronic pain? Are you willing to do what it takes to feel good again?

At Beyond Therapy & Wellness, our physical therapist uses the most advanced strategies to help you manage your pain and, for some, eliminate it altogether!

September is Pain Awareness Month, and in honor of this, Beyond Therapy & Wellness would like to provide you with some vital information regarding the origins of pain and how physical therapy can help manage and alleviate it.

Pain is very complex. Gone are the days when ignoring or pushing through your pain was the best solution. Fortunately, our team understands the complexity of pain and, more importantly, how to alleviate it once and for all! Pain happens for several reasons and manifests in different ways.

Understanding the source of your pain is one of the first steps to combat it and prevent it from returning in the future. Our clinic specializes in treating people from all backgrounds and experiences with pain. We are trained professionals who will have you feeling your best in no time at all.

If you're experiencing discomfort or have noticed that your ability to do your usual activities has dwindled, it's time to call in our team of physical therapists from Beyond Therapy & Wellness.

UNDERSTANDING THE SOURCE OF YOUR PAIN

How long you've been experiencing pain, where it developed, and how it manifests are significant distinctions that can help shed some light on what may be causing your condition. It is also essential to understand that the intensity of your pain is not always the more reliable characteristic for finding relief.

Too often, people focus only on the intensity of their pain which is influenced by stress levels and societal or familial beliefs. The location and duration of pain are effective, reliable ways to manage and alleviate your pain once and for all.

When you meet with a Beyond Therapy & Wellness physical therapist, you'll have a conversation about your pain to determine how it started, when it began, where it began and how it behaves (i.e., what makes it better or worse).

There are also some things to consider before heading into physical therapy:

- Try to remember or identify precisely where the pain occurs in your body. Pain that is localized can be easier to identify the possible tissue that is causing it. When pain is more diffuse, it can be trickier to figure out what is causing it.
- Consider how the pain feels. Is it a steady ache or sharp and intermittent? Is it more of a tingling or prickly feeling? Each sensation is associated with different types of problems, so describing your pain appropriately may help determine the best treatment methods for your body's needs.
- Does it get worse with activity or inactivity? For some people, there are specific movements that cause pain. For others, the issue is due to the quantity of accumulation of activity and not a specific event. One of the most common misunderstandings is that pain needs something to worsen, but in reality, many people get worse from a prolonged position or improper posture.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with your sports injury

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Continued From Outside

No matter what, our physical therapists can help! We are experts and weeding through the possibilities and clarifying what is causing the pain. Our goal is to help you resolve it once and for all!

WHAT IS CHRONIC PAIN?

Our bodies sustain injuries and experience pain no matter how careful we are. Too often, people wait too long to seek help, which can make the situation more complicated and lead to chronic pain. Chronic pain is pain that persists past normal healing time and lasts or recurs for more than 3 to 6 months.

Although most people think of chronic pain as a continuous problem, most of the time, it is cyclic in nature. Typically an individual will have an episode of pain that gets better only to be followed by a recurrence, followed by yet another recurrence.

As time goes on, the frequency and duration of the pain get longer, whereas the periods where it is less problematic grow shorter.

Seeking help from the physical therapists at Beyond Therapy & Wellness can make all the difference. Identifying the underlying cause of your pain and figuring out the possible triggering events can lead to a reversal of the condition and eventual relief.

HOW PHYSICAL THERAPY CAN HELP

Physical therapists are trained in identifying and treating the cause of your pain. This allows you to shift away from using pain medication and instead find relief with strategies that include manual therapy, stretching, muscle building, and cognitive behavioral therapy.

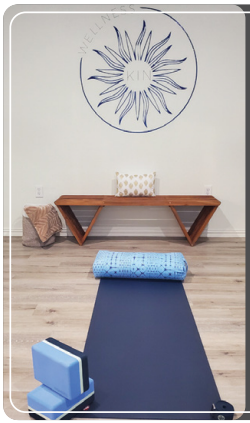
Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain. Our therapists will work with you to identify solutions that fit your lifestyle and offer lasting results. The combination of physical therapy with psychological approaches has been shown to be the most effective way to improve physical function and resolve chronic pain struggles.

Our clinic uses several manual therapy techniques that focus on the areas you're experiencing pain or movement restrictions. When the reason for your pain is determined, we assist you through movement to regain optimal function in each joint, muscle, or other tissue causing the pain.

Our physical therapist is as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

At Beyond Therapy & Wellness, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

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YOGA AVAILABLE!

Did you know we have a Yoga room? Kin Wellness is a full service yoga studio providing a wide variety of classes including short 30 minute Stretch, Meditation, Gentle, Vinyasa, Hatha, Prentatal and more. Yoga is a great option for managing chronic pain, and combating minor aches and pain that go along with daily life. The instructors are highly trained and ready to assist you throughout the class from beginner to expert. All equipment is provided including mats, blocks, and straps. Pre-registration is required please call our office or go to: www.vagaro.com/kinwellness.

PATIENT SUCCESS STORY

"I love the therapists at Beyond therapy..."

"I love the therapists at Beyond therapy & they have been instrumental in my physical therapy journeys. My initial visits with them was for a broken tailbone. Multiple doctors told me I would need to live with the pain. But under Kristi Plunk's care, 3 months later I was back to normal, no pain. The other 3 therapists I have seen were instrumental in walking me through physical therapy for pre & post full knee replacement. Bailey Inman put a program together for me, then Gina Ross & Teagan Larkin were awesome in working the goals for my knee, back to pain free lifestyle. I highly recommend Beyond Therapy. You will not be sorry if you give them a call." **-M.Y.**

EXERCISE ESSENTIALS

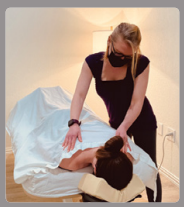
SimpleSet Pro
www.simpleset.net

PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks. *Good stretch if you sit at a computer all day*



Now Offering Massage Therapy Appointments



Teagan Lamkin, PTA, LMT, CLT joined our office last spring. She knew from early on she wished to serve others through partnering in their healing and wellness through teaching and non-invasive means. After becoming a massage therapist in 2011, she worked in clinical and medical spa settings alongside chiropractors, doctors, and physical therapists. She has received continuing education in various modalities including orthopedic, sports, reflexology, prenatal, aromatherapy, and myofascial release. In addition, since becoming a PTA, she has received certification as a Lymphedema therapist (CLT). She enjoys learning from her clients their specific concerns and tailoring massage specific to their needs. We are excited to announce that she will now be offering massage here at Beyond Therapy and Wellness Physical Therapy! **Schedule an appointment for massage by calling 1.817.769.3691 or in person at our office.** Services are 45 or 90 minutes. Please arrive at least 10 minutes prior to your appointment time to complete intake forms and a pre-session interview.

TOP 3 BACKPACK SAFETY TIPS!

The benefits of good posture are more than just looking good, especially as a college student where you spend most of your time sitting down at a desk in the library or an uncomfortable chair in a lecture hall. No worries, though, we have your back and we have some tips for you to improve your posture without even trying.

1. Adjust your backpack: One of the reasons your back hurts is because the weight you carry on your backpack. The gap between your back and your backpack is what causes the stress to your back, though, which damages your posture at the end. To fix this, adjust your backpack handles so it can be as close to your back as possible to avoid your spine to curve excessively when carrying your backpack.

2. Unload your backpack: I know, I know, you have a biology exam tomorrow and you need to bring your chemistry book with you so you can do the lab properly. But carrying everything in your backpack and loading it with heavy school supplies is not good for your back or your posture. Leave the heavy supplies at your apartment and take a good walk home every time you need them (say yes to exercise!) or carry them in your hands. This will -literally- take weight from your back and will improve your posture.



3. Wear both straps of your backpack: The cool kids walk around campus carrying their backpacks on just one shoulder, but the cool kids also have bad posture and back problems. Do not follow this trend, and use both straps of your backpack so the weight is evenly distributed on your back.

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
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