



## Health & Wellness

The Newsletter About Your Health And  
Caring For Your Body

# *Celebrate National Physical Therapy Month With Us!*



## INSIDE:

- Patient Success
- Why Choose Priority Physical Therapy?
- Exercise Essential



# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

## Get Your Health Back On Track With Physical Therapy



**COME BACK TO PHYSICAL THERAPY TODAY!**

### **It's National Physical Therapy Month; Are YOU in Tune with Your Health?**

Happy October! Now that fall is here, it's time to crack out the knives for pumpkin carving and put out bowls of candy for trick-or-treaters! Did you know that October is also National Physical Therapy Month? It's true! Priority Physical Therapy wants to make sure that our patients have a reliable source to learn more about the many benefits of physical therapy. Our team of physical therapists is devoted to helping our patients recover

from injuries and pain that make everyday activities way harder than they should be. Priority Physical Therapy provides high-quality rehabilitation services, and we encourage you to reach out to us if you or a loved one is in need of physical therapy!

Take a break from planning out your scary costume this year and read up on these 5 reasons why physical therapy is a great option for pain relief from chronic conditions and injuries.

(Continued inside)



### **DID YOU KNOW...**

*Since 2015, anyone pursuing a career in physical therapy requires a doctoral degree in the U.S., which has more than a quarter-million physical therapists. Physical therapists receive extensive training in neuroscience, biomechanics, anatomy, physiology, pharmacology, and much more, so they are equipped to evaluate and treat patients.*

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# 5 REASONS TO CHOOSE PHYSICAL THERAPY

There are several reasons to choose physical therapy over pricey surgeries and medications. Priority Physical Therapy has chosen 5 of the best ones for you to consider!

**1. Physical therapy can help to strengthen your joints and improve your range of motion.** Increasing muscle strength and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This can also help you improve your functional activity tolerance, which is essential for work, leisure, and simple daily function.

**2. It's a safe, holistic method of pain management/elimination.** The sad truth is that right now, we're experiencing an opioid epidemic. People are relying so heavily on over-the-counter medications to ease their pain; they don't realize the long-term effects these pills have on their bodies. You don't have to rely on over the counter or prescription painkillers to ease those achy, stiff, swollen joints! Physical therapy modalities that have been shown to ease pain, reduce spasms, increase circulation, and promote healing include electrical stimulation, diathermy, cold laser therapy, dry needling, and therapeutic ultrasound.

**3. You can learn to move without limits again.** According to the Arthritis Foundation, exercise is one of the best ways to manage hip pain and knee pain caused by osteoarthritis. Your physical therapist can help you get back to regular exercise in a way that is safe and effective for you, based on your current abilities, goals, and needs. This is especially helpful if you're currently on a weight loss journey since being overweight is a major risk factor for knee and hip pain.

**4. Physical therapy can uncover the underlying reasons for your pain.** Many of the impairments you and your physical therapist work to correct—including weakness, poor posture, and limited range of motion—may have been caused or worsened by things you're unknowingly doing. This includes sitting too much, using poor body mechanics, breathing improperly, and having an ineffective ergonomic

set-up at work. A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care.

**5. You'll experience improved joint health.** When you see a physical therapist for hip or knee pain, there's a good chance they'll use joint mobilizations or manipulations to help promote healing and attract circulation to the inner joint surfaces. These techniques have also been shown to reduce pain and improve joint alignment...and they feel good, too!

Sources: <https://www.google.com/search?client=safari&rls=en&q=increasing+muscle+strength+physical+therapy&ie=UTF-8&oe=UTF-8> • <https://www.arthritis.org/>



**CALL US TODAY! MISSOURI  
573.769.6166 OR SOUTH  
CAROLINA 843.536.4888**

## EXERCISE ESSENTIAL

### BRIDGING

While lying on your back, raise your buttocks off the floor or bed. Hold for 10 seconds and repeat 8 times.

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*Don't hesitate to give us a call if you have any questions about the exercise.*

# Free Low Back Pain Workshop

## Low Back Pain Workshop

November 16<sup>th</sup>, 2021

6:30 PM | Palmyra, MO

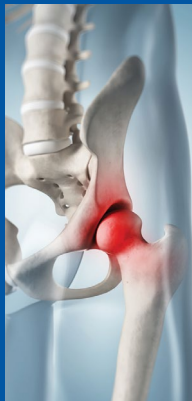
1219 S. Main St.  
Palmyra, MO 63461  
P: 573.769.6166

## Low Back Pain Workshop

November 16<sup>th</sup>, 2021

6:30 PM | Florence, SC

2521 S. Cashua Drive  
Florence, SC 29501  
P: 843.536.4888



## PATIENT SUCCESS



**"My strength and endurance have increased since I began physical therapy!"**

"My strength and endurance have increased since I began physical therapy. I couldn't keep going without taking a break when I was doing yard work and other household chores. I have been able to increase the length of my walks and increase my speed. Getting up off the floor required me to pull up on furniture but now I can get up from the floor by just touching a chair for balance as I get up. Doing the exercises each day has increased my activity level and helped me to lose 15 pounds since starting therapy." — Claire L.

### How Much Is It To Attend These Workshops?

Nothing... the event is absolutely FREE but call Missouri 573.769.6166 - South Carolina 843.536.4888 now to register as we are taking only 25 attendees.

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## Why Choose Priority Physical Therapy?

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We pride ourselves on providing outstanding and personalized skills as movement and rehabilitation physical therapists, through exceedingly high customer service. Our goal is to positively impact people's lives and improve their quality of life.

During your first appointment with your therapist, they will do a thorough evaluation of your physical condition. If you're feeling pain, your symptoms will be taken into account. If there are things you cannot do because they cause you discomfort, tell your therapist so that they can make note in your treatment plan. Your therapy will be centered around helping you get back to doing the things you love without pain. Targeted exercises and stretches will be a huge part of your treatment, and your therapist will work with you to ensure your success and satisfaction. When you

see a therapist at our clinic for an evaluation, it doesn't matter what your diagnosis ends up being. We're here for you every step of the way and assure you that a comprehensive treatment plan will be created specifically for your needs. There is nothing we desire more than to see you feeling better, and we'll stop at nothing to ensure that happens!

### Call Us Today To Set Up An Appointment:

Here at our clinic, the ultimate goal is to help you achieve your full potential and maximum functional level in work, sport, and life activities. We understand that no two pain conditions are alike, and no two treatment plans should be either. Contact Priority Physical Therapy to learn more about the benefits of physical therapy. After all, it is National PT Month, so if you're struggling with a painful condition, there's no better time than the present to seek help!

MISSOURI 573.769.6166

SOUTH CAROLINA 843.536.4888