



## Health & Wellness

The Newsletter About Your Health And  
Caring For Your Body



# How We Can Help You Alleviate Chronic Pain

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- Find Pain Relief In Time For Back To School
- Get The Most Out Of Your Benefits



# Health & Wellness

The Newsletter About Your Health And Caring For Your Body



## *Find Pain Relief In Time For Back To School*

Have you been living with chronic pain? Are you willing to do what it takes to feel good again? At Priority Physical Therapy, 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, Priority Physical Therapy 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 Priority Physical Therapy.

### **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 Priority Physical Therapy 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).

# Before Coming In For Physical Therapy

CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

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

- 1. 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.
- 2. 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.
- 3. 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.

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 Priority Physical Therapy 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.

## REQUEST AN APPOINTMENT WITH US TODAY

The result of physical therapy at Priority Physical Therapy is that you can live the active life you want, free of painful limitations. Call our office today and set up an appointment with one of our specialists!

We Can Help  
You Heal

We can help you get back on your feet and living your most active life. Come back to physical therapy to start your healing journey today.



WWW.PRIORITYPT.NET

Get The Most Out Of  
Your Benefits

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. Now is the time to come in for physical therapy!

Scan the QR code to schedule  
your appointment now!



# Clinic News

# Patient Success

## CHERRY PIE CONTEST WINNERS

### 1<sup>ST</sup> PLACE

Carol Thompson



### 2<sup>ND</sup> PLACE

Leta Ragan



### 3<sup>RD</sup> PLACE

Silas Smith



*"Everyone was so helpful and nice."*

"My experience here was great! Everyone was so helpful and nice. I can now do hair better by holding my arm up longer. I have also loved learning stretches to do at home to keep my shoulder moving smoothly!" — C.J.

## PRIORITY PHYSICAL THERAPY



## Kim Buteu's Cherry Pie

### INGREDIENTS:

- 2 c. tart cherries frozen or canned
- 1 c. cherry Juice
- ¾ c. sugar
- 2 T. quick cooking tapioca
- Dash of salt
- 1 T. butter
- Double pie crust

**DIRECTIONS:** Combine cherries, juice, sugar, tapioca and salt. Let stand about 15 min. Line 9" pie pan with pie crust. Fill with cherry mixture. Dot with butter. Place top crust on pie and flute edges. Brush with milk or egg whites. Bake at 400° for 45-60 minutes.

## Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   | 1 | 9 | 3 |   |   |
|   |   | 9 | 4 | 3 |   |   |   |   |
|   |   |   |   |   | 7 |   |   | 5 |
|   |   | 1 | 8 | 6 |   | 5 |   | 7 |
| 6 | 9 |   | 5 | 3 |   | 2 | 1 |   |
| 7 |   | 5 |   | 9 | 2 | 4 |   |   |
| 4 |   | 8 |   |   |   |   |   |   |
|   |   |   |   | 4 | 9 | 1 |   |   |
|   | 7 | 2 | 3 |   |   |   |   |   |

## We Need Your Help

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.

Scan the QR code with your smartphone and select the clinic you visited to leave your review today!



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