



**Priority
Physical
Therapy**

Health & Wellness

*The Newsletter About Your Health And
Caring For Your Body*



RELIEVE YOUR BACK & NECK PAIN

INSIDE:

- Shamrock Green Smoothie
- Patient Success
- Don't Lose Sight Of Your Goals



Health & Wellness

The Newsletter About Your Health And Caring For Your Body



PHYSICAL THERAPISTS OFFER A WHOLE-BODY APPROACH TO PAIN RELIEF

Do you have a persistent crick in your neck or a steady ache in your lower back? Do you find yourself reaching for heating pads and over-the-counter pain pills on the regular? If so, you may be among the millions of Americans suffering from neck and back pain.

Fortunately, our Priority Physical Therapy physical therapists are experts at treating all types of back and neck pain. We'll get to the root of your problem and give you the tools to eliminate your pain and prevent it from returning in the future!

Although many people turn to chiropractors to find relief for their neck and back pain without ever considering physical therapy as an option, physical therapists are highly skilled at treating all types of back and neck pain. Physical therapists provide a wide variety of treatment options, many of which aren't available to chiropractors.

So if your back or neck (or both!) is giving you trouble, consider reaching out to the physical therapists at Priority Physical Therapy to schedule an appointment. We would love to show you everything that a physical therapist can do!

WHAT IS THE DIFFERENCE BETWEEN CHIROPRACTIC AND PHYSICAL THERAPY?

While both chiropractors and physical therapists work to help people find pain relief and recover from injuries, they use different approaches to do so. Chiropractic focuses on disorders of the spine and joints and emphasizes adjustments to relieve pain and restore mobility. Physical therapists, in contrast, are movement specialists who pay attention to how the body functions as a whole—meaning they're better equipped to see bodily connections a chiropractor might miss. Generally speaking, chiropractors' approach is more narrow—they're focused on restoring the spine's natural alignment first and foremost. Chiropractic care generally focuses on acute pain, and chiropractic patients often have to go in for regular treatments to control their pain. Physical therapists, however, are equipped to provide a wide variety of treatments beyond spinal manipulations, meaning seek to get to the root cause of pain and will work with you to find a way to eliminate it, if possible. In addition, physical therapists will educate you on how to manage your symptoms on your own and give you the tools to prevent future episodes so you aren't dependent on them for relief!

A PHYSICAL THERAPIST'S APPROACH TO BACK & NECK PAIN

CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

Back and neck pain can stem from a host of causes ranging from injury to aging. Moreover, sometimes back or neck pain can affect other parts of the body—for example, neck pain might be accompanied by a headache or dizziness, or back pain might radiate out to the limbs.

A physical therapist will work with you to determine the exact cause of your pain and then develop a treatment accordingly. Unlike a chiropractor, who is mainly limited to spinal or joint adjustments, a treatment plan at Priority Physical Therapy might include any of the following:

- **Whole body examination:** A physical therapist will examine every aspect of your mobility to ensure the entire body is working correctly, helping to dig down to the root cause of your pain.
- **Manual therapy:** This is a hands-on treatment that involves manipulating the joints and muscle tissue, helping to reduce pain and muscles and improve range of motion. At Priority Physical Therapy, we try to utilize manual therapy for every patient!
- **Exercise suggestions:** A physical therapist can provide you with exercises and stretches designed to strengthen the affected joints or muscles, many of which you can do at home.
- **Home exercise program and education:** Our physical therapist will teach you about your specific condition and guide you through strategies to alleviate your pain on your own.
- **Preventative care:** You'll learn suggestions for improved posture and other lifestyle factors to help eliminate pain at the source.
- **Spinal and joint adjustments:** That's right—a physical therapist can also employ the same treatment techniques you'd find at a chiropractor's office!


WHAT TO EXPECT FROM YOUR BACK AND NECK PAIN APPOINTMENT

Firstly, our Priority Physical Therapy therapists will sit down with you to discuss symptoms and possible causes for your pain, regardless of where it's located. We'll also look at your overall mobility to see how it might affect your condition. From there, our therapist will work with you to create a customized, hands-on treatment plan that will both treat the immediate pain and provide a long-term solution, possibly even ending your pain permanently.

BOOK AN APPOINTMENT WITH US TODAY!

Ready to take care of that persistent pain for good? Instead of calling up a chiropractor, reach out to Priority Physical Therapy to schedule an appointment today! We'll provide you with an individualized, full-body treatment plan so that you can live your happiest, healthiest life possible!

Sources: <https://bmcm.uscuco.keleltdsiorbiomedcentral.com/articles/10.1186/s12891-021-04957-4>, <https://www.nice.org.uk/guidance/ng59/chapter/Recommendations#assessment-of-low-back-pain-and-scoliosis>, <https://www.ncbi.nlm.nih.gov/books/NBK538173/>, https://www.physio-pedia.com/Non-Specific_Neck_Pain_-_The_Case_for_Specific_Treatment



**DON'T FORGET TO
DROP OFF YOUR
MARCH MADNESS
BRACKET BY MONDAY
MARCH 13TH**

PRIORITYPT.NET

DON'T LOSE SIGHT OF YOUR GOALS

The cold outside can keep us from being motivated to stay on track but physical therapy can help you achieve your goals. It doesn't matter if you're looking for new ways to become more active, or you just want to put a stronger pulse on your overall health, we are here to help you!

**SCAN THE QR CODE TO SCHEDULE
YOUR APPOINTMENT NOW!**



**MISSOURI 573.769.6166
SOUTH CAROLINA 843.536.4888**

SHAMROCK GREEN SMOOTHIE



INGREDIENTS:

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

DIRECTIONS: In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie>



PATIENT SUCCESS

"HELPED THE PAIN GO AWAY 90% OF THE TIME."



"Everyone I worked with is very good and caring."

"When I started Physical Therapy I was in horrific pain now I am basically pain free. Everyone I worked with is very good and caring. Without everyone at Priority Physical Therapy I would not be able to do everyday things. My advice to anyone needing Physical Therapy do it and do the exercises at home. You will be glad you did, I am!" —**Barbara B.**

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!



St. Patrick's Day

WORD SEARCH

Test your luck with this Saint Patrick's Day word search by trying to find all of the words listed below.

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND

G M Q M J E P O J Z H K H C
 Y R C E L E B R A T E G W D
 V J E P O T P H N K O Z E T
 J D U E A X I O G L C F P P
 I V N V N I P R O V O F A A
 M A G I C U E S L Z I X Y T
 G E A N F A O E D R N U X R
 O K M A R C H S W X S D E I
 O L E P R E C H A U N V S C
 D D X K R Q A O C H O F H K
 L N Y F S Y P E N L J S J F
 U M V Q J Y T N C S U Y J J
 C R D V W A G I R E L A N D
 K P B Q H N R A I N B O W U