



Priority  
Physical  
Therapy

# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

[PRIORITYPT.NET](http://PRIORITYPT.NET)

## Manage Your Pain

With Physical Therapy

Avoid Surgery &  
Manage Your Pain

What Treatment  
Options Are  
Available?

Patient  
Success

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888



**Priority  
Physical  
Therapy**

# Health & Wellness

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

**Scan to Book Today!**



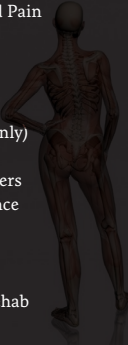
*Is it time for your  
next appointment?  
Scan the QR code  
to visit our website.*



**Make Your Body A Priority**

*We Can Help you with:*

- Arthritis
- Back Pain
- Balance & Gait Disorder
- Brain Injury
- Chronic Pain
- Dizziness & Vertigo
- Elbow Wrist & Hand Pain
- Fall Prevention
- Foot & Ankle Pain
- Headaches
- Hip & Knee Pain
- Incontinence (MO only)
- Neck Pain
- Neurological Disorders
- Pediatric Incontinence
- Pediatrics
- Pelvic Pain
- Post-Covid Rehab
- Pre/Post Surgical Rehab
- Shoulder Pain
- Sports Injuries
- Stroke
- TMJ Dysfunction
- Whiplash
- Work Injuries



## **Avoid Surgery & Manage Your Pain**

**D**o you have a chronic pain condition or another painful condition? Have you been searching for a course of treatment that doesn't involve surgery? Physical therapy may be your key to a happier and healthier life! At Priority Physical Therapy, we understand the desire to avoid surgery or other invasive pain management options. Our highly trained team uses the most advanced strategies to help alleviate pain and prevent recurring injury. And the best part? We use only conservative and natural treatment options!

Are you ready to start on the path toward natural pain relief? Contact Priority Physical Therapy today to schedule an appointment. Our team of dedicated therapists can treat your pain and guide you back to a more comfortable life.

### **What treatment options are available at Priority Physical Therapy?**

We provide a wide variety of treatment options at our physical therapy clinic. Depending on your injury or condition, you may be prescribed one or more of the following therapeutic modalities:

#### **Manual Therapy**

Manual therapy is a type of hands-on physical therapy used to treat musculoskeletal pain and disability. It consists of different techniques that mobilize and manipulate your joints and soft tissue. Some standard manual therapy techniques include the following:

- **Joint mobilization:** We'll gently guide the affected joint through its current range of motion, gradually increasing your mobility and reducing your pain.
- **Soft tissue manipulation:** This massage-like technique involves manipulating affected soft tissue (muscles, tendons, and ligaments) to break up scar tissue that can cause pain or limited mobility.
- **Myofascial release:** A type of soft tissue manipulation, this technique involves loosening up the myofascia, the tough, protective tissue that wraps around your muscles. When it becomes tight or restricted, it can limit your mobility and cause pain, including chronic headaches and migraines.

**Contact Us Today**

Missouri | 573.769.6166

South Carolina | 843.536.4888

**PRIORITYPT.NET**

# What Treatment Options Are Available?

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888



## Graston Technique

The Graston technique is a type of soft tissue manipulation technique that uses stainless steel tools to manipulate the tissue rather than just the therapist's hands. These tools have rounded edges and, during a session, glide gently over the skin, helping to break up restricted tissue and/or scarring.

As with hands-only manual therapy techniques, the Graston technique helps reduce pain by promoting blood flow to the area, reducing inflammation, and increasing mobility.

## Kinesio Taping

Kinesio taping uses a stretchy cotton-nylon blend tape to gently lift the skin, providing several therapeutic benefits, including pain management. The technique may also help improve blood and lymphatic fluid circulation, both of which help facilitate healing.

## Therapeutic Exercise

Movement plays a significant role in helping to manage pain and reduce the likelihood of surgical interventions. We'll

develop a customized exercise program that addresses your specific needs while remaining appropriate to your current ability levels, incorporating strength training, stretching and mobility work, and more.

We often incorporate additional pain management techniques (such as joint mobilizations) into your treatment to prepare your body for more active exercise. No matter your condition, we'll start slowly and gradually build the intensity as you improve.

## What can I expect during my physical therapy sessions?

For most injuries, physical therapy should start immediately following to ensure the fastest recovery possible. Our therapists will begin with a comprehensive physical evaluation and a biomechanical assessment to identify all the factors contributing to your pain or injury.

We will use this information to identify the most likely tissue causing your pain and dysfunction. Next, we'll develop a personalized program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the fastest possible recovery.

Our team will interpret the clues your body is giving you and provide you with clearly defined instructions on how long it will likely take to resolve your problems.

## Our goal is to help you recover using the body's natural, noninvasive systems for healing.

Sources: <https://franklinstitute.com/acoustic-wave-therapy-what-is-it-and-what-does-it-do/> • <https://www.vtfc.com/insights/blog/laser-therapy-physical-therapy-perfect-treatment-pairing/> • <https://my.clevelandclinic.org/health/treatments/17677-craniosacral-therapy>

## Request An Appointment At Priority Physical Therapy Today!

At Priority Physical Therapy, our physical therapists are experts at treating all musculoskeletal-related injuries. When you make an appointment with us, you'll gain access to a wide variety of treatment options to relieve your pain. Are you ready to recover without undergoing surgery? Call today to schedule an appointment with one of our specialists.

MISSOURI | 573.769.6166

SOUTH CAROLINA | 843.536.4888

## Healthy Recipe: Squash Enchiladas

### Ingredients:

- 3 tablespoons extra-virgin olive oil, divided
- 3 cups diced peeled butternut squash
- 2 medium poblano peppers, seeded and chopped
- 1 medium onion, chopped
- 1 (14 oz) can black beans, rinsed
- 4 tablespoons chopped fresh cilantro, divided, plus more for serving
- 1 tbsp ancho chile powder
- 8 corn tortillas, warmed
- 1 (10-oz) can enchilada sauce
- ½ cup shredded Monterey Jack cheese
- 2 cups shredded cabbage
- 1 tablespoon lime juice



**Directions:** Preheat oven to 425°F. Lightly coat a 7-by-11-inch baking dish with cooking spray. Heat 2 tablespoons oil in a large skillet over medium heat. Add squash and cook, covered, stirring occasionally, until tender and lightly browned, 8 to 10 minutes. Add peppers and onion and cook, uncovered, stirring occasionally, until tender, about 5 minutes. Remove from heat and stir in beans, 2 tablespoons cilantro and chile powder. Let cool for 5 minutes. Place about 1/2 cup of the squash mixture in each tortilla and roll. Place, seam-side down, in the prepared baking dish. Top with enchilada sauce. Sprinkle with cheese and cover with foil. Bake until bubbly, about 15 minutes. Remove foil and bake for another 5 minutes. Meanwhile, toss cabbage with lime juice, the remaining 1 tablespoon oil and 2 tablespoons cilantro.

## It's Almost 2024!

### Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

*If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2024.*

### Get Started On Your Goals With PT!



# PRIORITY PHYSICAL THERAPY



## Patient Success



"I came to PPT with prevention in mind. I hadn't had any significant injuries to warrant physical therapy, however, I had issues with my right knee and SI joint. At times, my knee felt like it was blowing out the side and had a grinding noise when bending. My SI joint ached and going up the stairs was very unstable. I came to PPT to work on my physical ailments now and avoid surgery later. Kim and Shelby are amazing, and now I am steady and strong." — Christy V.

### Share Your Success! Scan To Share Your Story!

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.



**PLEASE SCAN THE QR CODE TO LEAVE YOUR REVIEW TODAY!**



*Call to Book today! Make your body & health a Priority!*

MISSOURI: 573.769.6166 | SOUTH CAROLINA: 843.536.4888