



Priority  
Physical  
Therapy

# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

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

## Preventing Surgery for Sports-Related Injuries



Preventing Surgery  
for Sports-Related  
Injuries

Tailored Plans  
After an Injury

Staff Spotlight

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888



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Physical  
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# Health & Wellness

The Newsletter About Your Health And Caring For Your Body

For Our Palmyra Friends...



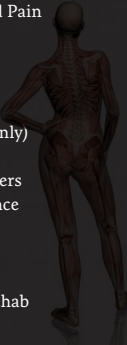
Scan this QR code to learn more about our 24 hour affordable gym and to get started on your 2024 goals.

Or Check It Out At: [Lead.me/beamsN](https://lead.me/beamsN)

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



## Preventing Surgery for Sports-Related Injuries

If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our Priority Physical Therapy physical therapists can help you recover after an injury and avoid the need for surgery in many cases.

Our team can help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We'll take a holistic approach that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our therapist-led programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and need for surgery.

Call Or Text Us Today!

Missouri | 573.769.6166

South Carolina | 843.536.4888

[PRIORITYPT.NET](https://prioritypt.net)

# Tailored Plans After an Injury

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888

If you are trying to avoid surgery and wonder if physical therapy can prevent or delay surgery, the simple answer is yes!

Most orthopedic-type surgeries are not urgent or emergencies. Although traumatic situations can be emergencies, most times, there is a significant period of time between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more frequent is the number of people who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help. Unfortunately, rest, avoidance, and trying to ignore or push through pain only lead to a bigger, often more complex, problem.

At Priority Physical Therapy, our physical therapists will weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare yourself for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. You are not merely treated but are guided towards a pathway of enhanced performance and overall well-being!

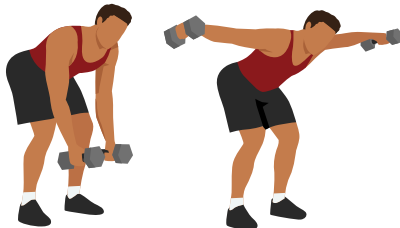
## What to Expect at Your Physical Therapy Sessions

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists with sports rehab experience will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Next, your therapist will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery, so you get back to training and competing in the sport you love.

For example, your physical therapist will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries. We

## Exercise Of The Month: Reverse Flies



**How To:** Lean forward at your waist with your elbows slightly bent and dumbbell in each hand. Slowly raise the weights until they are in line with your shoulders.

will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

Physical therapy at Priority Physical Therapy will provide the foundation for successful training while reducing future injuries and avoiding surgery!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3232766/> • [https://pubmed.ncbi.nlm.nih.gov/273556/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC352846/) • <https://www.jusnick.org/na/765352028/c018/> effectiveness-physical-therapy-us-arthroscopy-meniscal • <https://bjsm.bmj.com/content/56/15/870> • <https://jamanetwork.com/journals/jama/fullarticle/270518>

## Considering Physical Therapy? Get Started Today!

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned physical therapists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love. Whether you're on the brink of surgery or hoping to prevent it, our therapists will create a program specifically tailored to your unique needs. Reach out to our clinic to learn more!

MISSOURI | 573.769.6166  
SOUTH CAROLINA | 843.536.4888

# Happy 25<sup>th</sup> Anniversary To Our Palmyra Clinic!



**Happy 25<sup>th</sup> Anniversary to our Palmyra Clinic!**  
**Join us for our big Open House on July 11<sup>th</sup>!**

*Stay tuned for more details!*

## Healthy Recipe: Veggie Fajitas



### Fajita Seasoning:

- 2 tsp chili powder
- 1 tsp cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp smoked paprika
- Pinch of cayenne pepper
- 1 tsp kosher salt
- ¼ tsp black pepper

### For the fajitas:

- 2 tbsp olive oil
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced

- 1 yellow pepper, sliced
- 1 red onion, sliced
- 8 oz mushrooms, sliced
- 2 cloves garlic, minced
- 1 tbsp fresh lime juice

### For serving:

- Tortillas, corn or flour
- Guacamole
- Pico de Gallo
- Cilantro
- Lime wedges
- Crumbled queso fresco
- Sour cream

**Directions:** In a small bowl, combine the chili powder, cumin, garlic powder, onion powder, smoked paprika, cayenne pepper, salt and pepper. In a large cast iron skillet, heat the oil over medium-high heat. Add the peppers, onion, and mushrooms and stir until the veggies are coated in the oil. Add the fajita seasoning and cook for 5 minutes, stirring frequently. Stir in the garlic and lime juice and cook for 2 minutes. The vegetables should be tender but still slightly crisp. Serve the veggie fajita filling with tortillas and desired toppings.

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## Staff Spotlight



### Ryan King PT, DPT

Ryan is a Georgia native who graduated with his undergraduate degree from Pensacola Christian College in Pensacola, Florida and from Southwest Baptist University in Bolivar, Missouri with his Doctorate of Physical Therapy. Ryan and his wife met during their time in undergraduate school. They got married in Palmyra approximately 10 years ago, have lived away until recently, having returned to be closer to family. He takes great pleasure in spending time with his wife, two children and their 10 year old flat coated golden retriever. Ryan and his family look forward to becoming established in this wonderful community and getting to know the people here.

### 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.



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REVIEW TODAY!**



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