



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

PRIORITYPT.NET

Transforming Lives for a Quarter Century: Celebrating Our 25th Anniversary

Tips to Alleviate Your
Pain and Improve
Your Spine Health



Staff Spotlight
Introducing Kim
Bunten!

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888

Call Or Text Us Today!



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For Our Palmyra Friends...



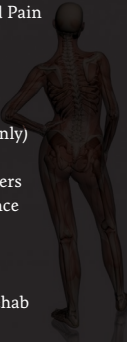
Scan this QR code to learn more about our 24 hour affordable gym and to get started on your 2024 goals.

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



Priority Physical Therapy Turns 25!



Priority Physical Therapy proudly began its journey in 1999 within the community of Palmyra, Missouri, under the leadership of Kim Bunten. From the very beginning, our mission has been clear: to deliver the best quality care to our patients.

As the practice grew, we designed and built a new facility at 1219 S. Main Street to provide a professional environment with a more therapeutic atmosphere for our patients and staff. This new facility also included a fully equipped gym as an opportunity for patients to continue to build strength and mobility post therapy and to promote a healthy lifestyle for the community as a whole. Priority moved into this new facility in November of 2004.

Since those early days, our commitment to excellence has only strengthened. With each passing year, we've not only upheld but exceeded our promise to provide exceptional care, earning the trust and admiration of countless individuals along the way.

In 2016, our first expansion began! Lauren Huggins, Kim's daughter, opened our second clinic in Florence, South Carolina. Since 2016, we have been blessed with overwhelming support from the community.

We are immensely grateful for the incredible support and loyalty we've received throughout our growth. It's because of our amazing patients and their unwavering belief in us that we've been able to thrive and make a positive impact every step of the way. Here's to many more years of transforming lives and spreading joy within our communities!

Call Or Text Us Today!

Missouri | 573.769.6166

South Carolina | 843.536.4888

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

Thank you!

Tips to Alleviate Your Pain and Improve Your Spine Health

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888

Are you tired of that nagging back pain that keeps you from enjoying life to the fullest? You're in luck because we are here to guide you to a healthier spine! With a few little steps and our expert guidance, you will soon be on your way to a life where back pain is a thing of the past.

Your journey to a healthier spine is a collaborative effort. At Priority Physical Therapy, we believe in working closely with you, listening to your concerns, and understanding your goals. After all, who knows your body better than you do? Together, we can work to ensure a future free of back pain.

Sometimes, the discomfort in your back may seem like a constant companion, refusing to part ways with you. Fortunately, with the right guidance and effort, you can find a way to alleviate your pain. So, let's take the first step on this promising journey together!

The first step to saying goodbye to back pain is understanding what causes it. It might be due to a sedentary lifestyle, an old injury, or even just daily wear and tear. No matter the reason, understanding the root causes is your key to finding the solution.

The most common causes of back pain that our physical therapists frequently treat include the following:

- **Muscle Strain or Ligament Sprain:** Repeated heavy lifting or sudden awkward movements can strain the muscles and spinal ligaments. If you're in poor physical condition, constant strain on your back can cause painful muscle spasms.
- **Bulging or Ruptured Discs:** Discs, the cushioning between your bones, can bulge or herniate and press on a nerve.
- **Degenerative Disc Disease:** As we age, the discs between the vertebrae deteriorate, which can cause pain, especially if one disc is worn down significantly.
- **Spinal Stenosis:** This condition results from the narrowing of the spinal canal, putting pressure on the nerves and causing back pain.
- **Fibromyalgia:** Fibromyalgia is a chronic pain syndrome that causes muscle stiffness and fatigue, including back pain.

Remember, it is always advised to consult with our physical therapist for personalized advice. We'll work with you to identify the exact cause of your back pain and suggest appropriate treatments to ensure you get the results you deserve!

Simple Yet Effective Strategies: Your Road to a Healthy Spine Tailored Treatment Plan

At the beginning of your healing journey, you'll meet with one of our physical therapists who are like detectives for your body. They'll chat with you, learn about your pain, and do a thorough physical examination to determine what's causing your back troubles.

Once they've gathered all the clues, they craft a personalized treatment plan just for you! This isn't a one-size-fits-all deal; it's tailored to suit your unique needs, helping you bounce back quicker and stronger and includes the following:

- **Manual Therapy:** Your therapist uses their hands to gently massage and mobilize your back, easing those tight muscles and helping you relax.
- **Mobility Work:** Your therapist will guide you through movements that help increase the mobility of your back.
- **Targeted Stretches:** Your therapist will show you the right ways to stretch, helping you loosen up those stiff areas and feel great.
- **Strengthening Exercises:** With a series of strengthening exercises, your therapist will teach you how to build a strong, resilient back to handle the stresses of your day-to-day life.

Remember, your Priority Physical Therapy therapists are there with you at every step, cheering you on, answering your questions, and tweaking your plan to ensure you get the best results.

So, are you ready to wave goodbye to back pain and usher in a life of comfort and joy? Give us a call!

Ready to Wave Goodbye to Back Pain?

With personalized care and proven strategies, our dedicated physical therapists are here to guide you on your road to recovery. It's time to reclaim the joy of living without the shadow of back pain looming over you.

Don't let back pain dictate your life's story. Reach out to Priority Physical Therapy to learn how physical therapy can be the first step towards a back pain-free life!

MISSOURI | 573.769.6166

SOUTH CAROLINA | 843.536.4888

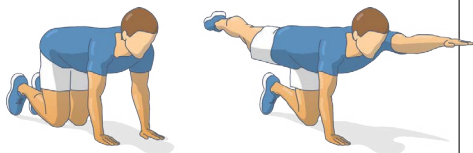
Happy 25th Anniversary To
Our Palmyra Clinic!



25th Anniversary
of our Palmyra Clinic!

Join us for our
Open House
on July 11th
from 4 PM - 6 PM

Exercise of the Month: Bird Dog



How To: Start on your hands and knees on a mat or table. Brace your abdominals and keep your back flat. Slowly raise one arm straight out in front of you while simultaneously raising your opposite leg back behind you until both limbs are straight and parallel with the ground. Lower them back down and repeat with your other limbs.



Staff Spotlight

Introducing Kim Bunten!

Kim's journey in physical therapy began at St. Louis University, where she earned her degree in Physical Therapy, later adding a DPT from Evidence in Motion. Kim is originally from Palmyra, where she founded Priority Physical Therapy! After 25 years at PPT and 39 years of experience, she still leads the Palmyra clinic! When Kim's not in the clinic, you'll find her tending to her garden, sewing, or cherishing moments with her family! Kim has three children, 5 grandchildren, and 1 on the way! She also has 2 dogs, Mazy and Mandy, who come to the clinic with her every day! Kim's passion for PT was sparked by her grandmother's journey through physical therapy. When Kim was a senior at Palmyra High School, her grandmother sustained a stroke and she was able to observe and participate in the PT her grandmother received. She has always had a love for healthcare and working with people. We are so grateful & blessed to have a leader like Kim!

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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!**



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