



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER



## DETERMINING THE ORIGIN OF YOUR PAIN

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## DETERMINING THE ORIGIN OF YOUR PAIN

Sometimes it happens when a pain develops that you can immediately identify the cause. A new pair of shoes may cause a sharp pain in your heel, or an old chair at work may cause your back to grow sore and uncomfortable as time goes on. But there are other situations in which pain develops, and the cause of the pain is unclear.

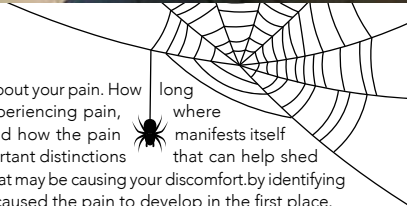
Different types of bodily pain can tell you different things about your body and overall bodily health. Sometimes, a pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are like well-trained detectives when it comes to identifying the causes of pain. A physical therapist knows the way that the nervous system works, making it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, your back, your neck or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for. Physical therapists are trained in identifying and treating the cause of your pain, giving you the opportunity to shift away from the ongoing use of pain medication and instead find relief from your pain with a series of strategies that include stretching, muscle building and flexibility training.

### Understanding Your Pain

When you meet with a physical therapist to understand where your pain may be coming from, one of the first things you'll do is have

a conversation about your pain. How long you've been experiencing pain, where it developed and how the pain manifests itself are all very important distinctions that can help shed some light on what may be causing your discomfort. By identifying what may have caused the pain to develop in the first place.



### Here are a few things you may want to consider before heading into physical therapy:

- Consider exactly where the pain occurs in your body, and research what the different parts of the body are called so that you can have an accurate and helpful conversation about your pain. For example, back pain has a lot of different differentiations, and lumbar pain (which is in the lower back) is frequently caused by factors different from what would cause upper-back or neck pain.
- How does the pain feel when it develops? Is it a lingering ache? Is it a sharp stab? Is it more of a tingling feeling? Each of these sensations are actually associated with different types of problems, so describing your pain appropriately may be helpful in determining the best treatment methods for your body's needs.
- What do you think may be causing the pain? Of course, it happens that a pain will develop, and you are dumbfounded as to why, but more often than not, there is something that you think could be influencing it.

# KC'S CORNER

## NATIONAL PHYSICAL THERAPY MONTH



Hey everybody! If you didn't already know - October is NATIONAL PHYSICAL THERAPY MONTH! Even though in the office we focus on physical therapy 24/7, we still want to get everyone else excited and informed about everything physical therapy can do for you! I know my people can help you with all kinds of things like stretching, exercises, massage, dry needling and laser therapy! If you don't know if any of these things would help you, it won't hurt to give us a call and see if we can help you out! Sprains & strains, inflammation, immobility, pain, post-operative and everything in between can be treated by our team! Don't go into the holidays in pain and unable to spend it fully with everyone you love, give my team a call today we'd love to help you out!



**HAPPY HALLOWEEN**

## PATIENT SUCCESS STORY



I had suffered injuries from a plane crash in November 2020. My right scapula was broken in eight places and both shoulders were dislocated. Following the accident, I met with Brett and was pretty discouraged as I had muscle atrophy and lost strength and range of motion. At first, I was frustrated not able to do the activities I was used to doing. Lifting a ½ gallon of milk out of the fridge was a challenge. Brett's program of therapy featured innovative laser treatments, exercises and needle therapy along with encouraging words of support from the staff paid off and gradually began to show results as I was gaining strength and flexibility. But after several weeks Brett noticed my left shoulder was not responding as well to therapy as my right shoulder and asked if I had had previous injuries. I confessed I had dislocated my left shoulder multiple times prior to my accident. Brett immediately knew that I had a more severe injury and urged me to get an MRI. He recommended several different shoulder doctors in Greenville. The MRI revealed a badly torn rotator cuff, torn labrum and bicep. I had surgery in late March and resumed physical therapy with Brett a month after surgery. Brett took a personal interest in my case and worked with me diligently to gradually restore flexibility, range of motion, and strength. Now, five months after surgery and nine months after the crash, I am back enjoying doing the activities I like to do. I am forever grateful to the team at Russell Physical Therapy including Susan, Tony, Hannah, Haley, KC, Sarah and especially Brett. They always greeted me with a smile, encouraged me, and made the most of each therapy session. If you have had an injury or are recovering from surgery, I recommend Russell Physical Therapy and wouldn't waste my time going to anybody else.

# PRODUCT SPOTLIGHT

## DEEP TISSUE LASER THERAPY

Deep Tissue Laser Therapy is clinically proven to reduce pain and restore mobility. Deep Tissue Laser Therapy stimulates cellular metabolism, which speeds up the healing process. Laser Therapy is clinically proven as an effective treatment for pain and inflammation. It is able to penetrate to deep tissue structures and has the ability to treat a wide variety of both acute and chronic conditions. Research has shown unique benefits to Deep Tissue Laser therapy, including improving localized blood circulation, reducing inflammation and/or edema, stimulates wound healing and tissue repair, stimulates nerve function, and develops collagen and muscle tissue. These benefits stimulate healing and result in faster recovery times!



### What does deep tissue lightforce laser therapy help with?

- Strains and Sprains
- Post-Operative
- Sciatica
- Arthritis
- Soft tissue swelling
- Carpal Tunnel Syndrome
- Wound healing
- Fibromyalgia
- And much more!



### ALTERNATIVE TO DRUGS AND SURGERY - NON OPIOID PAIN RELIEF

The non-invasive nature of Deep Tissue Laser Therapy provides a solution for those who are looking for alternatives to prescription drugs and surgery.

#### What to expect:

Patients feel a soothing warmth as laser energy gently penetrates tissue and boosts your body's own regeneration powers to relieve your pain. Results can be immediate or could take multiple sessions depending on what you are having treated. Treatments are painless and fast, only about 5-10 minutes!



### ARE YOU LOOKING TO START PT?

# FREE LASER SESSION

(864) 834-4995

(new patients only)

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