



## **DETERMINING THE ORIGIN OF YOUR PAIN**

### *STOP LIVING WITH ACHES AND PAINS!*

Sometimes it happens when 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 pain can tell you different things about your body and overall health. Sometimes, 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.

# HOW PT CAN HELP YOU OVERCOME ACHES & PAINS



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.

**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 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. If the pain started around the same time as a change in environment or life circumstances, then it is worth telling your physical therapist about the association.

Another thing to consider about your pain is whether or not it develops at particular times of the day or year. There are plenty of situations when someone begins to experience pain when the weather starts to change, and it turns out that the pain is a result of arthritis and inflammation. There are other situations in which the pain will develop as a result of prolonged sitting or the opposite — such as when things get crazy at home or at work, and you find that you are not getting as much sleep as usual. Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain.



**Call Us Today!**

To start living a pain-free life, call us at **512.353.4575**  
(San Marcos) or **512.847.9057** (Wimberley) today!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the smart thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication. For more information about physical therapy for overcoming bodily pain, contact us today.



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## Get Back To Physical Therapy!

Get back to living a pain-free life! Call us at **512.353.4575** (San Marcos) or **512.847.9057** (Wimberley), or visit our website at [www.fyzical.com/san-marcos-tx](http://www.fyzical.com/san-marcos-tx) or [www.fyzical.com/wimberley-tx](http://www.fyzical.com/wimberley-tx)

## TAKE A VIRTUAL TOUR OF OUR FACILITIES!

Simply visit the website below of the facility you would like to tour!

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# EXERCISE ESSENTIALS

TRY THIS EXERCISE TO BUILD MUSCLE STRENGTH



## WALKING LUNGE

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 30 seconds and repeat 5 times.

*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*



## HEALTHY RECIPE

### PEANUT BUTTER OAT BALLS

#### INGREDIENTS

- 1 cup quick oats
- 1/2 cup peanut butter
- 1 Tbsp. ground flax seed
- 2 Tbsp. wheat germ
- 1/3 cup honey
- 1/2 cup mini baking M&M's or mini chocolate chips

**INSTRUCTIONS** Mix all the ingredients together either in a mixing bowl with a spoon or a Kitchen-Aid mixer with paddle attachment. Place mixture in refrigerator for about 15 minutes, or until chilled enough to roll into balls without being too sticky. When chilled, roll into balls and place on a piece of parchment paper on a plate and place in refrigerator, until set. Place balls in an airtight container in the refrigerator and eat at your leisure.

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**Hey! Slow Down!**

According to Guinness World Records, the first person to be charged with speeding was Walter Arnold of the English village of Paddock Wood, Kent. On Jan. 28, 1896, Arnold was spotted going four times the speed limit— which was just two miles per hour at the time.

**Did You Know?**