



KICK AWAY YOUR PAINS
Foot and Ankle Relief is Here

ALSO INSIDE

- Staff Spotlight
- Hometown Strong
- Jenni's Kitchen

CALL TO SCHEDULE YOUR APPOINTMENT TODAY! (870) 600-0738

KICK AWAY YOUR PAINS

Foot and Ankle Relief is Here

Have you recently sustained an injury to your foot or ankle that has resulted in pain? If so, it is possible that you may be experiencing the effects of either a sprain or strain, depending on what structure was injured (tendon or ligament). While there are many factors that can lead to foot and ankle pain, sprains/strains are some common examples. Even if your pain subsides, dysfunction may still be present.

If you have noticed limited mobility, previous or present pain, or other issues with your ankles or feet, GTS Physical Therapy can help. We can determine if the cause of your injury was indeed a sprain or strain, in addition to helping provide you with the necessary treatments for healing. We can also provide you with tips for avoiding re-injury in the future, so you don't have to worry about avoiding certain activities.

Why is your foot or ankle hurting?

Did you know that your foot has 24 bones, 30 joints, and over 100 ligaments, tendons, and muscles? That's a whole lot to work with down there, but it's true! Because there are so many complex structures making up your feet and ankles, experiencing pain in those extremities is a common issue many people suffer from.

Whether you trip, fall, or twist your foot or ankle "wrong," foot and ankle pain that stems from a sprain or a strain is often the result of some sort of injury.

However, it is also commonly due to an underlying weakness in the muscles of the foot or leg. In fact, any accumulation of factors can lead to insidious onset of pain, including loss of range of motion, altered movement patterns, balance issues, and overall affected mobility.

People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

How will physical therapy help my sprain or strain?

Physical therapy is designed to relieve the pain of a foot or ankle problem, improve range of motion, and strengthen your muscles so they are able to take on the shock of normal activities. While pain within your foot or ankle may subside on its own, there are dysfunctions up the chain that can last for years and lead to other injuries. For example, changes in gait pattern can result in ankle injury, making it difficult for you to move around freely. Physical therapy is the best way to make sure that these injuries do not occur.

Our physical therapists will show you therapeutic exercises that target the muscles that keep the foot or ankle supported. They may even recommend a customized physical fitness program that can help you reduce stress on your feet and ankles.

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief.

BECOME STRONG BY ATTENDING OUR HOMETOWN WORKSHOP

Come out and attend our pain relief workshops! All are welcome, although spots are limited, so sign up today!

**ROTATOR CUFF WORKSHOP
AUGUST 4TH, AT 5:00 PM
BATESVILLE LOCATION**

**ROTATOR CUFF WORKSHOP
AUGUST 8TH, AT 5:00 PM
HIGHLAND LOCATION**

**ROTATOR CUFF WORKSHOP
AUGUST 9TH, AT 5:00 PM
MOUNTAIN HOME LOCATION**

**ROTATOR CUFF WORKSHOP
AUGUST 11TH, AT 5:00 PM
CAVE CITY LOCATION**

**ROTATOR CUFF WORKSHOP
AUGUST 23RD, AT 4:00 PM
POCAHONTAS LOCATION**

MONTHLY SPECIAL

Call us today and reference this coupon for a free 30-minute screening with one of our therapists.

FREE SCREENING

Scan the qr code below to visit our website and see more information



STAFF SPOTLIGHT *Melinda Wray, PT, DP*

Melinda is a local to Viola. She graduated from Viola High School in 2004 and then graduated from UCA with her Doctorate in Physical Therapy. She has experience with geriatrics, pediatrics, and outpatient physical therapy. Melinda and her husband, Charlie, reside in Viola along with their 2 children, Marlee and Grayson. Melinda is very active and enjoys playing sports and running in her free time.



HOMETOWN STRONG

A representative of the NEA food bank and Sam Philley, WR/Pocahontas PCC



GTS PHYSICAL THERAPY MADE A \$1000 DONATION TO THE FOOD BANK OF NORTHEAST ARKANSAS WHICH SUPPLIES FOOD PANTRIES AND BACKPACK PROGRAMS THROUGHOUT NORTHEAST ARKANSAS

GTS CAVE CITY SUCCESS STORY



Colten Marlin, PT, DPT

"My experience at GTS physical therapy was excellent. The therapists & staff were always very caring and helpful. Starting out i didn't think that physical therapy would do much good, but i was more than wrong. Thank you GTS for everything!"

- K. Wilson



Jenni's Kitchen

Jenni is a PTA for GTS and provides home health therapy in the Mountain Home area.

Tomato, Mozzarella & Basil Bruschetta



INGREDIENTS

- 1 (32-oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsp extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt & freshly ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 1/2 lbs fresh mozzarella cheese, sliced 1/4-inch thick

DIRECTIONS

Preheat oven to 375 degrees F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.

Recipe: <https://www.foodnetwork.com/recipes/giada-de-laurentiis/tomato-mozzarella-and-basil-bruschetta-recipe-1940921>



Dakota Ables, PCC
Brandi Hankins, PTA

We want to hear from you!



(870) 600-0738



CALL (870) 600-0738 TO SCHEDULE YOUR APPOINTMENT TODAY!