



**FIGHT BACK AGAINST INJURIES**  
*With Physical Therapy*

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



## FIGHT BACK AGAINST INJURIES *With Physical Therapy*

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? Our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

Our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

Call today to schedule an appointment with one of our experts!

### **How to tell injury from normal aches and pains**

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have

injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

### **How will physical therapy help my sprain or strain?**

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

## 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**  
SEPTEMBER 22ND, AT 5:00 PM  
**BATESVILLE LOCATION**

**ROTATOR CUFF WORKSHOP**  
SEPTEMBER 12TH, AT 5:00 PM  
**HIGHLAND LOCATION**

**ROTATOR CUFF WORKSHOP**  
SEPTEMBER 13TH, AT 5:00 PM  
**MOUNTAIN HOME LOCATION**

**ROTATOR CUFF WORKSHOP**  
SEPTEMBER 15TH, AT 5:00 PM  
**CAVE CITY LOCATION**

**ROTATOR CUFF WORKSHOP**  
SEPTEMBER 19TH, 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

### Kristi Harris, PT

Kristi is from Pocahontas and loves helping the people of her hometown. Kristi graduated from the University of Central Arkansas in 1999, and has worked with GTS since August of 2017. During her years of Physical Therapy she has worked in many settings with the majority in outpatient services. Kristi has partnered with GTS in opening clinics in both Pocahontas and Walnut Ridge. Kristi and her husband, Rodney, have 2 sons, Trae and Will. She is a member of the First Baptist Church of Pocahontas and enjoys reading and running her kids to ballgames.



## What's Going On With Us?



**THIS MONTH'S HOMETOWN STRONG DONATION:**  
GTS DONATED \$1000 TO THE CALL IN BAXTER COUNTY. PICTURED ON LEFT IS AMANDA WOOTEN, COUNTY COORDINATOR AND ON THE RIGHT IS MARANDA HICKMAN, PTA.

# Jenni's Kitchen

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



## Tomato, Mozzarella & Basil Bruschetta

### INGREDIENTS

- kosher salt
- 1 lb. rotini
- 1/4 c. extra-virgin olive oil
- 3 tbsp. red wine vinegar
- 1/2 tsp. dried oregano
- 1/2 tsp. garlic powder
- 1 large cucumber, chopped
- 1 c. cherry tomatoes, halved
- 1/3 c. Kalamata olives, pitted and chopped
- 1/2 red onion, chopped
- Freshly ground black pepper
- 2 tbsp. dill, finely chopped
- 1/2 c. crumbled feta



### DIRECTIONS

In a large pot of salted boiling water, cook rotini according to package directions until al dente. Drain and transfer to a large serving bowl. Make dressing: In a small bowl, whisk together olive oil, red wine vinegar, oregano and garlic powder. To serving bowl add cucumbers, tomatoes, olives and onions. Add dressing and toss until evenly coated. Season with salt and pepper and add dill, then top with feta.

Recipe: <https://www.delish.com/cooking/recipe-ideas/recipes/a47991/greek-pasta-salad-recipe/>

## SUCCESS STORY



*"All the therapist that worked with me were awesome. My pain level is completely gone. I would come back to GTS if I ever needed any care in the future!"*

— J. Templeton

*We want to hear from you!*



## EXERCISE ESSENTIALS

### Side Lunge

Stand with good posture. Lunge to the side. Keep back straight and your hip, knee and ankle aligned. Return to the start position. Repeat 10 times on each leg.

SimpleSet.net



**(870) 600-0738**

