



## HOW PHYSICAL THERAPY CAN HELP *Alleviate Chronic Pain*

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



## HOW PHYSICAL THERAPY CAN HELP *Alleviate Chronic Pain*

Have you been living with chronic pain? Are you willing to do what it takes to feel good again?

At GTS Physical Therapy, our physical therapist uses the most advanced strategies to help you manage your pain and, for some, eliminate it altogether!

September is Pain Awareness Month, and in honor of this, GTS Physical Therapy would like to provide you with some vital information regarding the origins of pain and how physical therapy can help manage and alleviate it.

Pain is very complex. Gone are the days when ignoring or pushing through your pain was the best solution. Fortunately, our team understands the complexity of pain and, more importantly, how to alleviate it once and for all! Pain happens for several reasons and manifests in different ways.

Understanding the source of your pain is one of the first steps to combat it and prevent it from returning in the future. Our clinic specializes in treating people from all backgrounds and experiences with pain. We are trained professionals who will have you feeling your best in no time at all.

If you're experiencing discomfort or have noticed that your ability to do your usual activities has dwindled, it's time to call in our team of physical therapists from GTS Physical Therapy.

### **What is chronic pain?**

Our bodies sustain injuries and experience pain no matter how careful we are. Too often, people wait too long to seek help, which can make the situation more complicated and lead to chronic pain. Chronic pain is pain that persists past normal healing time and lasts or recurs for more than 3 to 6 months.

Seeking help from the physical therapists at GTS Physical Therapy can make all the difference. Identifying the underlying cause of your pain and figuring out the possible triggering events can lead to a reversal of the condition and eventual relief.

### **How physical therapy can help**

Physical therapists are trained in identifying and treating the cause of your pain. This allows you to shift away from using pain medication and instead find relief with strategies that include manual therapy, stretching, muscle building, and cognitive behavioral therapy.

Our clinic uses several manual therapy techniques that focus on the areas you're experiencing pain or movement restrictions. When the reason for your pain is determined, we assist you through movement to regain optimal function in each area causing pain. Our physical therapist is as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

## **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  
OCTOBER 3, AT 4:00 PM  
HIGHLAND LOCATION**

**ROTATOR CUFF WORKSHOP  
OCTOBER 11, AT 4:00 PM  
MOUNTAIN HOME LOCATION**

**KNEE PAIN WORKSHOP  
OCTOBER 20, AT 5:00 PM  
CAVE CITY LOCATION**

**KNEE PAIN WORKSHOP  
OCTOBER 18, AT 5:00 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** *Katherine Dunegan, PT*

Katherine Dunegan graduated from Arkansas State University in May 2000 with her Bachelor's of Science in Physical Therapy. She became interested in Physical therapy after a basketball injury that introduced her to physical therapy while in high school. Katherine began her physical therapy career in pediatrics and home health. She has experience in outpatient settings, home health, pediatrics, and rehab. Her goal with therapy is to improve her patient's quality of life. She is active in The Leadership Batesville Program currently with the Batesville Chamber. Katherine is involved in her children's lives as they are active in sports and recreational activities. She currently has training in lymphatic drainage, manual therapy, and dry needling.



## **HOMETOWN STRONG**



**LYNN HARBER, PTA  
CHOSE TO DONATE  
\$1000 TO THE  
FULTON COUNTY  
HOSPITAL FOR  
THE PURCHASE OF  
A STANDER. THIS  
IS A GREAT ASSET  
TO THE HOSPITAL  
AND THE THERAPY  
DEPARTMENT IN  
ORDER TO ASSIST**

**PATIENTS WITH INCREASING INDEPENDENCE  
AND WEIGHT-BEARING ACTIVITIES.**



**GTS PARTNERS WITH AMERICAN MEDICAL RENTALS  
TO SUPPLY ALL YOUR MEDICAL EQUIPMENT NEEDS  
INCLUDING POWER WHEELCHAIRS AND HOME OXYGEN!**

# Jenni's Kitchen

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



## The Best Blueberry Muffins Ever

### INGREDIENTS

- 2/3 cup white sugar
- 1 large egg
- 1/2 cup vegetable oil
- 1/3 cup milk
- 1 teaspoon vanilla
- 1 1/4 cup all-purpose flour (or this gluten free mix)
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup sour cream (you can sub yogurt)
- 1 cup blueberries
- About 1 tablespoon white sugar for the top (optional)



**DIRECTIONS** 1. Preheat oven to 375°F. You may want to lightly grease your muffin tin so that the crown of the muffin doesn't stick to the pan (I didn't though). Place eight muffin liners in the pan. 2. Combine the sugar, egg, oil, milk, and vanilla in a bowl and stir until well combined. 3. Add the flour, baking powder and salt. I stir the baking powder and salt into the flour right on top of the wet ingredients so I don't have to get out another bowl. Once the baking powder and salt are pretty well distributed in the flour, stir them into the wet ingredients until combined. Don't over-mix. Just stir until it's no longer lumpy. 4. Stir in the sour cream just until well distributed. Fold in the blueberries (I left about half for the top so some would be visible on the crown of the muffin). 5. Evenly distribute the batter in the muffin tin. If you are making 8 high-crowned muffins, you will be filling them all the way to the top. If you want to make shorter muffins, you could probably fill 12. If you saved some berries for the top, sprinkle them on and press lightly. Sprinkle the tops with the 1 tablespoon of sugar, if desired. 6. Bake muffins for about 25 minutes. If you're using frozen berries it will take about 5 minutes longer. Also depending on how many muffins you decided to make, it will also take a shorter time. Just make sure you get them out as soon as a toothpick comes out clean. 7. You can also make maybe 3 or 4 giant muffins in a jumbo muffin tin. If you do, bake them at 350°F for about 40 minutes. 8. I like to put them in a sealed container while they're still warm so they stay really moist. That's assuming they aren't eaten right out of the pan though.



*"Brook truly is the vertigo-whisperer. After 10 days of vertigo, I came to Brook and in one appointment, I was vertigo-free and able to drive again. She gave me lots of information so that I will be better prepared to deal with any possible future bouts of vertigo as well as steps to take to help prevent a future bout."*

— T. K.

*We want to hear from you!*



**(870) 600-0738**



## 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.



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