



GET YOUR HEALTH BACK ON TRACK
With Physical Therapy

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



GET YOUR HEALTH BACK ON TRACK *With Physical Therapy*

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

October is National Physical Therapy Month. GTS Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Request an appointment with GTS Physical Therapy today, so we can help you get back to the life you deserve!

WHY SHOULD I CHOOSE PHYSICAL THERAPY?

There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your

injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment

BENEFITS OF PHYSICAL THERAPY

A physical therapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

CALL US TODAY TO REQUEST AN APPOINTMENT

Our goal is to positively impact people's lives and improve their quality of life. Contact GTS Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy. If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

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
NOVEMBER 7, AT 4:00 PM
HIGHLAND LOCATION**

**ROTATOR CUFF WORKSHOP
NOVEMBER 15, AT 3:30 PM
MOUNTAIN HOME LOCATION**

**KNEE PAIN WORKSHOP
NOVEMBER 14, AT 5:00 PM
POCAHONTAS LOCATION**



STAFF SPOTLIGHT *Colten Marlin, PT, DPT*

Colten Marlin, PT, DPT is the lead therapist of his hometown clinic in Cave City. Colten graduated with a Bachelor of Science in 2012 and his Doctorate in Physical Therapy in 2015, both from Arkansas State University.



He specializes in outpatient physical therapy and is certified in dry needling and blood-flow restriction.

Colten lives in Cave City with his wife, Danielle, and their children, Jace, Jackson, and Abigail.

HOMETOWN STRONG



**ANDY TINER, PT CHOSE TO DONATE \$1000.00
TO PAWS IN PRISON FOR THIS MONTH'S
HOMETOWN STRONG DONATION.**



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

MONTHLY SPECIAL

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

FREE PHYSICAL THERAPY SCREENING

Scan the qr code below to visit our website for more information!



Jenni's Kitchen

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

Slow Cooker Pumpkin Pie Oatmeal



INGREDIENTS

- cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin
- 3 tbsps maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt



DIRECTIONS

Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.

Recipe: <https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal>



"Brandyn and Pat were my therapists. After hip surgery from a labrum tear, I started physical therapy here. They were a great mix of motivation, understanding, and positivity. The whole staff has been incredible. Thank you all so much for everything." — Sara P.

We want to hear from you!



EXERCISE ESSENTIALS

Long Arc Quads

Start: In the seated position, tighten your thigh muscle.

Movement: Lift your leg upwards till the leg is straightened. Then lower back down and repeat.

Note: Be sure to sit upright while performing the exercise and not to lean forward or backward during the movement.



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