



DON'T LET HOLIDAY STRESS BECOME
A Pain In The Neck!

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



DON'T LET HOLIDAY STRESS BECOME A PAIN IN THE NECK!

It is no secret that the holiday season can be a real headache - and can also lead to them!

The increased stress that we all feel around the holidays can cause the muscles around the neck and shoulders to tense up, resulting in neck pain and stress-related headaches.

At GTS Physical Therapy, we want to make sure that you are comfortable and pain-free this holiday season, so you can take some time to relax amongst all of the hustle and bustle!

If you notice yourself experiencing neck pain or headaches, don't hesitate to contact us today to consult with one of our dedicated physical therapists.

HOW CAN PHYSICAL THERAPY HELP RELIEVE MY NECK PAIN AND HEADACHES?

Neck pain and headaches commonly stem from tension in the upper back, neck, or shoulders. Headaches can also develop due to dehydration and stress, so make sure you are taking time to drink water and allowing yourself to relax while you're running around this holiday season!

A physical therapist can help relieve any built-up tension in the affected area of your body through manual techniques and targeted exercises/stretchers. They can also help with posture training and relaxation techniques if posture or stress is the culprit of your neck pain/headaches.

Physical therapists are movement experts who can assess the area(s) that are bothering you and design a personalized treatment plan for your specific needs - so you can get back to enjoying time with your loved ones, without worrying about pain.

HOW CAN I GET STARTED?

If you have been noticing pain this holiday season and you're looking for relief, GTS Physical Therapy is here to help. Don't let persistent neck pain or headaches ruin your joy this holiday season - schedule your consultation today to get started on the first steps of your treatment plan!

Don't wait-- call to schedule an appointment today!

(870) 600-0738

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!

KNEE PAIN WORKSHOP
JANUARY 10, AT 4:00 PM
MOUNTAIN HOME LOCATION

KNEE PAIN WORKSHOP
JANUARY 19, AT 4:00 PM
SOUTHSIDE LOCATION

KNEE PAIN WORKSHOP
JANUARY 19, AT 4:30 PM
POCAHONTAS LOCATION



STAFF SPOTLIGHT *Lisa Sanders, PTA*

Lisa began working for GTS in 2004 as a Home Health PTA. She currently serves as Intake Coordinator for all the outpatient clinics.

Lisa graduated from Calico Rock High School and received her degree from Ozarka College in 1999. Lisa and her husband, Mark, live on their family farm.

She enjoys spending time with their 5 grandchildren, traveling with family and friends, kayaking, horseback riding, and just being outdoors.



HOMETOWN STRONG



**ALICIA MCBRYDE, OTR/L CHOSE COMFORT
KEEPERS MINISTRY, INC TO RECEIVE \$1000 THIS
MONTH FOR THE HOMETOWN STRONG PROGRAM.**

*Pictured Left to Right: Susan Jett and Lauren Siebert with
Comfort Keepers Ministry Inc and Alicia McBryde, OTR/L*



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TO SUPPLY ALL YOUR MEDICAL EQUIPMENT NEEDS
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30-minute screening with one of our therapists.*

FREE PHYSICAL THERAPY SCREENING

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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.



Christmas Toffee

INGREDIENTS

- 1/2 cup brown sugar
- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1 cup chocolate chips
- Peppermint candy

DIRECTIONS

Preheat your oven to 425° and line an 8x8 inch baking dish with parchment paper. Cover the bottom of the pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 minutes WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy. Cool completely then refrigerate for 2 hours or until hard enough to break apart.



PATIENT SUCCESS STORY

Thank you Pat, Brandyn, and Craig for your dedication to my recovery from knee replacement surgery. You were patient and understanding of the pain I was in as I did my exercises. You always greeted me with a smile and even laughed at my antics while you encouraged me to give you more than I thought my body was capable of.

Thank you to the entire staff for being an encouragement to my recovery. You always treated me with respect and love and the bowl of candy was always there to greet me, too! I watched as you all kept the facility clean and sanitized. I noticed how each patient was safely attended to as they went through that journey of recovery. The professionalism seen in this facility is five stars.

It was a blessing to me to be a patient of this company. I would highly recommend GTS to my friends if they needed physical therapy assistance to recover from an injury or surgery. May God bless each of you for what you do to help others.

With great appreciation and love,

— Jim E.

We want to hear from you!

Leave Your 5-Star Experience Below!!



(870) 600-0738



EXERCISE ESSENTIALS

Deep Neck Flexor Activation In Supine

Start by lying flat on your back with your head relaxed. Place your fingertips gently on the front of your neck and make sure you do not feel your surface muscles activating. Tuck your chin down toward your chest slowly without activating your surface neck muscles. Slowly untuck your chin. Repeat 3 sets, 10 reps each.



PT WIRED
www.ptwired.com