



PHYSICAL THERAPY CAN HELP YOU
Strengthen Your Core

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



PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR CORE

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At GTS Physical Therapy, our physical therapists can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

WHAT TO EXPECT IN PHYSICAL THERAPY

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

CONTACT US TODAY TO SCHEDULE AN APPOINTMENT

At GTS Physical Therapy, our physical therapists are here to help you improve your function and relieve your pain.

Contact GTS Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

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
FEBRUARY 6, AT 4:00 PM
HIGHLAND LOCATION**

**KNEE PAIN WORKSHOP
FEBRUARY 7, AT 4:00 PM
MOUNTAIN HOME LOCATION**

**KNEE PAIN WORKSHOP
FEBRUARY 16 AT 4:00 PM
SOUTHSIDE LOCATION**

**ROTATOR CUFF WORKSHOP
FEBRUARY 23, AT 4:30 PM
POCAHONTAS LOCATION**



STAFF SPOTLIGHT *Keith Kyles, PT*



Keith Kyles, PT is the lead therapist at the Calico Rock clinic. Keith graduated from UCA in Conway and has been a therapist for 28 years. Keith specializes in the outpatient and home health settings and is certified in Manual Lymphatic Drainage. Keith is married to Christy and together they have 4 girls. Keith's hobbies include hunting and taking care of his farm.

HOMETOWN STRONG



**KASEY DICKERSON, PTA CHOSE THE CAVE CITY
BACKPACK PROGRAM TO RECEIVE \$1000 THIS
MONTH FOR THE HOMETOWN STRONG PROGRAM.**

Pictured Carrie Johnston and Kasey Dickerson, PTA



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

MONTHLY SPECIAL

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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.

Pressure Cooker Winter Squash and Lentil Stew



INGREDIENTS

- 2 medium shallots, thinly sliced
- 1 tbsp. finely chopped peeled fresh ginger
- 1 tbsp. vegetable oil
- 1 tsp. ground coriander
- 1/2 tsp. ground cardamom
- 1 small butternut squash, peeled, seeded and cut into 1 1/2" chunks
- 1 lb. green lentils, picked over
- 6 c. chicken or vegetable broth
- 5 c. packed baby spinach
- 1 tbsp. cider vinegar



DIRECTIONS

In pressure-cooker pot on medium, cook shallots and ginger in oil 5 minutes or until shallots are golden, stirring. Add coriander and cardamom; cook 1 minute, stirring. Add squash, lentils, broth and 1/4 teaspoon salt. Cover, lock and bring up to pressure on high. Reduce heat to medium-low. Cook 12 minutes. Release pressure by using quick-release function. Stir in spinach, vinegar and 1/2 teaspoon each of salt and pepper.

EXERCISE ESSENTIALS

Core Kickouts

Start by lying on your back with your knees bent to 90-degrees and your feet on the floor. Slowly kick one leg straight out and then bring it back in. Repeat on the other side. Make sure to keep your abdominals braced. Repeat 3 sets, 10 reps each.



PT WIRED
www.ptwired.com

PATIENT SUCCESS STORY



Angie Cadenbach was incredible, and so were all the therapists. Between the excellent physical therapy and the deep tissue laser, I have no pain, I can function normally and sleep very well at night. The rotator cuff workshop worked for me!

— Brenda M.

We want to hear from you!

Leave Your 5-Star Experience Below!!



(870) 600-0738

