

# GET BACK TO LIVING WITH GTS PHYSICAL THERAPY



## ALSO INSIDE

- Staff Spotlight
- Exercise Essentials
- The Best Grilled Chicken Breast Recipe

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



### **Colten S-Marlin, PT, DPT**

Colten is the lead PT at the Cave City clinic. Colten graduated from Cave City High School in 2008. He graduated with his bachelor's degree in Health Sciences from A-state in 2012. In 2015 he graduated with his Doctorate in Physical Therapy from A-State. Colten is married to his wife Danielle and they have 3 children, they currently reside in Cave City.

### **Wendy Dozier, OT**

Wendy graduated from Batesville high school in 2009, she received her bachelor's degree in public health and promotions from the University of Arkansas in 2013 and received her master's degree in Occupational therapy from the University of Central Arkansas in 2016. She lives in Cord with her husband Cody and son Mack Austin.

### **Josh Walker, PTA**

Josh graduated in 1996 from Hillcrest High School and graduated from Arkansas State University in 2009 with an Associate Science Degree in Physical Therapy Assistant. Josh is happily married to his wife Amanda and they have 3 children, Braxtyn (10), Mason (4), and Tuck (2)

### **Brandi Hankins, PTA**

Brandi graduated from Southside High School in 2009. She then graduated in 2015 from A-State with an Associate of Science degree in Physical Therapy Assistant. Brandi currently resides in Southside with her husband & 2 children.

### **Abigail LaGore, COTA**

Abi graduated in 2020 from Calvary Lutheran High School and graduated from Moberly Area Community College in 2022 with an Associate Science Degree in Occupational Therapy Assistant. Abi recently relocated to Cherokee Village from Jefferson City, MO.

### **Dakota Ables, PCC**

Dakota graduated from Melbourne high school in 2014. She is married to her husband Blair and they have one son, Hazen Lee. They currently live in Agnos, and attend Lone Oak Baptist Church, where she teaches the younger youth group.

### **Amber Adams, tech**

Amber graduated from Cave City High School in 2017. She also attended Arkansas Academy of Hair Design in 2021 and earned a degree in Esthetics, and has her own business in Cave City, Spa 19. Amber is married to her husband Grady and they have one daughter, Evie Claire. They currently live in Maxville, and attend Foothills Cowboy Church where Amber is the youth leader.

### **Reagan Counts, tech**

Reagan is currently a senior at Cave City High School and plans to attend Arkansas State University in the fall.

**CAVE CITY**

**416 N Main St, Suite 1 • Cave City, AR 72521  
(870) 283-6757 • gtsphysicaltherapy.com**

- Vestibular Rehab
- Advance Kinesotaping
- Blood Flow Restriction
  - Rehab in the pregnant population
  - Dry Needling
  - Cupping
- Pelvic Floor Rehab

**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  
JUNE 5, AT 4:00 PM  
HIGHLAND LOCATION**

**KNEE PAIN WORKSHOP  
JUNE 13, AT 4:00 PM  
MOUNTAIN HOME LOCATION**

**BACK PAIN WORKSHOP  
JUNE 15, AT 4:30 PM  
SOUTHSIDE LOCATION**

**CALL TO RESERVE YOUR  
SPOT TODAY!**

**(870) 600-0738**



**STAFF  
SPOTLIGHT**  
*Bailey Wood, PT*

Bailey Wood is from Atlanta, GA, and graduated with his undergrad from Kennesaw State University in Exercise Science before pursuing a degree in Physical Therapy at Arkansas State University. Bailey graduated from the doctoral program in 2022 and has been working with GTS ever since. He splits his time between the Walnut Ridge outpatient therapy clinic and Home Health. When he's not working he loves to be outside with his dogs and lovely wife. They love to go backpacking, running, mountain biking, and much more. Bailey and his wife hope one day to hike the Appalachian trail which is about 2000 miles. Bailey enjoys working for a company that provides so much to its community and the therapy team. He can't wait to see how GTS continues to positively impact and grow.

**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!*



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

Feel Better By Eating Better!



## The Best Grilled Chicken Breast Recipe

### INGREDIENTS

- 2 pounds boneless skinless chicken breasts
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 2 tablespoons olive oil
- fresh lime juice
- chopped fresh cilantro

### DIRECTIONS

Heat the grill to medium-high heat. Combine the salt, pepper, cumin, chili powder, onion powder, and garlic powder in a small dish. Drizzle the olive oil and rub the seasoning over the chicken breasts, coating them entirely. Once heated, place the chicken on the grill and cook for about 15 minutes total, flipping halfway through. Before serving, squeeze fresh lime juice over the chicken and finish with a sprinkle of chopped cilantro.

Source: <https://easychickenrecipes.com/grilled-chicken-breast-recipe/#recipe>

## EXERCISE ESSENTIALS

### SINGLE LEG BALANCE (ANKLE)

Start by standing up straight with your feet close together. Slowly raise one foot off the ground slightly. Make sure to brace your abdominals. Hold for 30 seconds and repeat twice on both legs.



PT WIRED  
[www.ptwired.com](http://www.ptwired.com)

## PATIENT SUCCESS STORY



*"I felt confident because everyone could show me what needed to be done. They are nice and I felt confident with them: I came for problems with my shoulder and now my pain is gone!"*

— Martha Kessler

*We want to hear from you!*

Leave Your 5-Star Experience Below!!



(870) 600-0738



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