



**FIND RELIEF FOR
PERSISTENT NECK PAIN
WITH PHYSICAL THERAPY**

ALSO INSIDE

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- Find Relief for Persistent Neck Pain

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



Melinda Wray, PT, DPT

Melinda is the lead physical therapist at the Viola clinic. Melinda was born and raised in Viola and has been with GTS since 2013. She graduated with her Bachelor's Degree in Health Science from UCA in 2008. In 2011 she graduated from UCA with her Doctorate in Physical Therapy. Melinda is married to her husband, Charlie, and together they have 2 children. Their daughter Marlee is 10, and their son, Grayson, is 7. They spend most of their weekends traveling and watching their children compete in travel softball and basketball. When Melinda is not traveling with her kids, she enjoys running!

- **Manual Lymphatic Drainage**
 - Vestibular Rehab
 - Pelvic Floor Rehab
- **Lumbar and Cervical Traction**
 - Therapeutic Ultrasound
 - Electrical Stimulation
 - Muscle Retraining
 - Neuropathy Treatment

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
JULY 11, AT 4:00 PM
MOUNTAIN HOME LOCATION

KNEE PAIN WORKSHOP
JULY 20, AT 4:30 PM
SOUTHSIDE LOCATION

KNEE PAIN WORKSHOP
JULY 20, AT 5:00 PM
POCAHONTAS LOCATION

**CALL TO RESERVE YOUR
SPOT TODAY!**
(870) 600-0738



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!



STAFF SPOTLIGHT

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. She then received her Master's Degree in Occupational Therapy from the University of Central Arkansas in 2016. Wendy lives in Cord with her husband, Cody, and her son, Mack Austin.



HEALTHY RECIPE

Sausage Balls

- 11oz Red Lobster Biscuit Mix
- 1lb sausage
- 16oz shredded sharp cheddar cheese
- Salt, pepper, garlic to taste

1. Mix and form into balls
2. Cook at 350F for 20-25 mins
3. Mix butter and seasoning packet from mix according to instructions - brush on while still hot!

Find Relief for Persistent Neck Pain with Physical Therapy

Have you noticed your neck seems more sore at the end of a long workday? If you are suffering from the debilitating effects of neck pain, you may benefit from an assessment by one of our physical therapists.

The neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. Call GTS Physical Therapy today to get the relief you deserve!

THE MOST COMMON CAUSES OF NECK PAIN

The most common causes of neck pain are sprains and strains resulting from prolonged postures, repetitive movements, or some form of trauma (i.e., car accidents or sports injuries).

More severe impairments of the neck are often related to degenerative changes, disc pathology, or nerve injuries. Often it is a combination of multiple factors and injuries.

Poor postural habits like a forward head posture will place extra stress on the tissues and joints of the neck.

HOW DOES PHYSICAL THERAPY HELP WITH NECK PAIN?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain.

Our main goals are to:

- Reduce pain and improve motion with manual therapy techniques
- Improve mobility through postural education and targeted movements/stretchers
- Improve strength to help you return to normal functioning in daily activities

CONTACT GTS PHYSICAL THERAPY FOR NECK PAIN RELIEF!

Our primary focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs.

PATIENT SUCCESS STORY



"I love going to GTS. I'm grateful to meet and work with everyone at GTS. They helped me not only with my pain, by helping me get stronger, but also helping me thrive with a much better self-esteem than I started with. Thank you so much for being a part of my journey"

— Cindy Jo Johnson



*We want to hear
from you!*

Leave Your 5-Star
Experience Below!!



(870) 600-0738



HOMETOWN STRONG



Lance Gross and Jesslyn Acklin presented the Norfolk Art and Sr. Beta Clubs with a check for \$1,400. This money was raised from the GTS STRONGTOWN 5K and all proceeds were donated by GTS. Thank you to all our participants and sponsors for supporting this event and Norfolk High School.

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