



HERNIATED DISC TREATMENT

ALSO INSIDE

- Monthly Special
- Herniated Disc Treatment
- Attend Our Hometown Workshops

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



Stacy Millikin MS, OTR/L
Brook Taylor PT, DPT
870-569-8167

Brook Taylor – PT, DPT

Brook was born and raised in Batesville and graduated from Batesville High School in 1999. She received her Bachelor's Degree from Lyon college before attending the University of Central Arkansas to obtain her Doctorate in Physical Therapy in 2006. Brook and her husband have been married for 13 years and have 2 children. When she is not working, she enjoys to camp and travel.

Stacy Millikin – OTR/L, ATP

Stacy is a Batesville native from a young age but was originally born in Wisconsin. Stacy graduated from Batesville High School and went on to attend the University of Central Arkansas. She received her Master of Occupational Therapy from UCA in 2010. Stacy has practiced occupational therapy for over 13 years, serving Batesville, Southside and surrounding communities. Stacy and her husband Jace, happily reside in Southside with their sons Cal, Cam, and daughter Scout.

Marla Hendrix – PTA

Marla is originally from Newark and graduated from Newark High School. She graduated from Arkansas State University in 2012 with an Associate in Applied Science from the Physical Therapy Assistant's Program. She and her husband have been married 38 years and have 3 daughters and 4 grandchildren. In her free time, Marla enjoys running, hiking, and being outdoors camping or on the lake.

Ashlyn Talley – PCC

Ashlyn graduated from Batesville High School in 2018. She is currently attending UACCB in Batesville to obtain her Bachelor in Business. Ashlyn is married to her husband, Malachi, and together they have a little girl! When she is not working, she enjoys traveling, being on the river, and spending time with her family.

- **Manual Lymphatic Drainage**
 - **Vertigo Treatment**
 - **Kinesiotaping**
- **Pediatrics (PT, OT, ST)**
 - **Dry Needling**
 - **Cupping**
 - **LSVT BIG**
- **Vestibular Rehab**
 - **Pelvic Floor**
 - **PWR Wheelchairs**

BATESVILLE

2080 Harrison St. Suite A • Batesville, AR 72501
(870) 569-8167 • gtsphysicaltherapy.com

"STRENGTHENING OUR HOMETOWN"

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!

NOVEMBER 14, 4:00
BALANCE
MOUNTAIN HOME

NOVEMBER 16, 4:30
BACK PAIN
SOUTHSIDE

NOVEMBER 6, 4:00
ROTATOR CUFF
HIGHLAND

NOVEMBER 9, 5:00
PERIPHERAL NEUROPATHY
CAVE CITY

NOVEMBER 30, 5:00
KNEE PAIN
POCAHONTAS

NOVEMBER 30, 5:00
KNEE PAIN
MELBOURNE

NOVEMBER 9, 4:00
ROTATOR CUFF
BATESVILLE

CALL TO RESERVE YOUR SPOT TODAY!

(870) 600-0738

MONTHLY SPECIAL

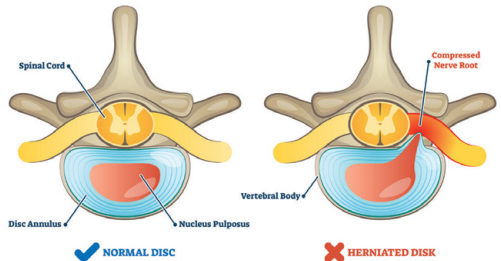
Call us today and reference this coupon for a free 30-minute screening with one of our therapists.

FREE PHYSICAL THERAPY SCREENING

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



Herniated Disc Treatment



Are you struggling with pain down your leg? Did you injure your back when bending and lifting? You could be suffering from a herniated disc. The good news is that at GTS Physical Therapy, you can get the treatment you need without resorting to major surgery or relying on heavy painkilling drugs.

A disc is a soft pad between each of the spine's vertebrae. The disc acts as a spacer and shock absorber and facilitates movement in the spine. A herniated disc occurs when the inner portion of the disc pushes through a crack in the disc's outer wall.

A HOLISTIC PLAN FROM OUR PHYSICAL THERAPIST

Physical therapy can do wonders to relieve your herniated disc symptoms and help you ward off future bouts of pain or nerve problems. Your physical therapist will start by evaluating your condition carefully. We will discuss your medical history and any specific incident (such as a heavy-lifting mishap) that may have herniated a disc and analyze your symptoms in detail.

Your personalized treatment prescription may call for a mix of physical therapy techniques. For instance, if your herniated disc has caused your back or neck muscles to seize up painfully, you may benefit from massage therapy to ease those spasms and make your muscles limber enough to exercise.

CALL TODAY TO MAKE AN APPOINTMENT

Are you ready to take non-surgical action against your herniated disc symptoms? If so, contact GTS Physical Therapy today to schedule an evaluation.

We can guide you through a safe, practical plan for regaining your quality of life!

Sources:
<https://www.njebonline.org/article.asp?issn=2348-053X;year=2019;volume=7;issue=2;page=93;epage=10>
0,auiast=Danaazumi
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7358225/>
<https://www.choosept.com/guide/physical-therapy-guide-herniated-disc>

CALL (870) 600-0738 TODAY!

MEET THE TEAM

KATHRYN IS THE LEAD PT AT GTS PHYSICAL THERAPY HARDY

Kathryn is originally from Tulsa, Oklahoma; however, she has lived in this area for about five years. She has been a Physical Therapist and a Certified Athletic Trainer since 1988. She has two sons and in her free time, she enjoys spending time with her family and friends.



Kathryn Turcotte - PT, ATC, LAT

PATIENT SUCCESS STORY



My range of motion is almost twice what it was when I started. Each therapist is wonderful and worked me through strengthening muscles in my hip from osteoarthritis. This therapy surpassed anything I could have wished for! I will always recommend GTS!

- Brenda S.



CONGRATULATIONS TO THE VIOLA FALL FESTIVAL GTS PHYSICAL THERAPY CORNHOLE CHAMPIONS, FRANK VACANTE AND RYAN WALKER



We want to hear from you!

Leave Your 5-Star Experience Below!!



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