



# DON'T IGNORE YOUR BACK PAIN

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

## MERRY CHRISTMAS FROM YOUR GTS FAMILY



We're excited to announce the grand opening of GTS Physical Therapy in Mammoth Spring at 350 Main Street, Suite 5, Mammoth Spring, AR 72554. Our new facility is equipped to provide a range of specialized services, including Blood Flow Restriction, Vestibular Rehab, Dry Needling, LSVT BIG, Pelvic Floor Rehab, and Manual Therapy.

In addition to our clinic opening, we're proud to share that GTS employees actively participated in a 5k run. As part of our commitment to community engagement, GTS hosted an entertaining ugly sweater 5k fun run on December 2. The event was not only a festive gathering but also contributed to a meaningful cause, as all proceeds will be used to initiate a care closet at Salem High School. We're thrilled to support our community through both our professional services and community involvement.





# Don't Ignore Your Back Pain

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

*Some of the most common issues associated with back pain include:*

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

## PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR YOUR BACK PAIN

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

**Call today to make an appointment!**

Source  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/>  
<https://www.sciencedirect.com/science/article/pii/S1836955319300578>  
<https://doi.org/10.1186/s12891-019-2594-0>  
<https://doi.org/10.1186/s12891-019-2477-4>  
<https://pubmed.ncbi.nlm.nih.gov/30252425/>  
<https://pubmed.ncbi.nlm.nih.gov/3269487/>  
<https://pubmed.ncbi.nlm.nih.gov/27285608/>



## "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!

## ROTATOR CUFF WORKSHOP JANUARY 16 AT 4:00 AT ALL 17 LOCATIONS!

**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!*



**CALL (870) 600-0738 TODAY!**

# MEET THE TEAM MONDAY!

“ Marla is originally from Newark and graduated from Newark High School. In 2012, she graduated from Arkansas State University with an Associate in Applied Science from the Physical Therapist Assistant Program. She and her husband have been married for 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. ”

*Marla Hendrix - PTA*



## HOMETOWN STRONG



Jennifer Perryman, Director of Operations chose the Viola School Academic Awards to receive the \$1000 Hometown Strong contribution this month. Pictured left to right is Wade Powell, Elementary Principal, Melinda Wray, DPT, Macey Perryman, COTA and Jennifer Perryman.

## PATIENT SUCCESS STORY

"I had cervical spine surgery. My discharge instructions were don't turn your head, don't look up, don't look down, don't bend over, don't reach your arms up above your head, and wear this brace even to sleep in. I was afraid to move. After a few weeks of this, my neck was beginning to get stiff. As soon as I was allowed, I started physical therapy at GTS in Calico Rock.



Before my first therapy session, I envisioned manual neck manipulation and expected some pain with that. I was wrong. I met with Jennifer and she said "Don't force anything, just turn your head slowly as far as you can without pain." She had me warming up on the treadmill and bicycle and doing several exercises which I also had to do at home. At the end of the session, I had a warm heating pad around my neck and electronic stimulation. My neck kept getting more loose and pliable and my range of motion is pretty much what it was before surgery.

Thank you, Jennifer. You were great to work with and the others working there were really nice too.

I highly recommend GTS Calico Rock if you need physical therapy!" -Myrna M.

*We want to hear from you!*

**Leave Your 5-Star Experience Below!!**



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