



ARE YOU STRUGGLING WITH  
**PERIPHERAL  
NEUROPATHY?**

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CALL TO SCHEDULE YOUR  
APPOINTMENT TODAY!

**(870) 600-0738**

ARE YOU STRUGGLING WITH

## PERIPHERAL NEUROPATHY?

Do your fingers feel like pins and needles are poking them when you grab things? Is it difficult to feel the gas pedal under your foot when driving? Neuropathy symptoms can also lead to sleepless nights, burning pain, trouble walking, and impaired balance.

At GTS Physical Therapy, our physical therapists utilize our research-based program specifically designed for peripheral neuropathy. We understand how challenging it can be to deal with the persistent symptoms common with neuropathy and provide proven methods to help you find relief.

### HOW PHYSICAL THERAPY CAN HELP PATIENTS WITH PERIPHERAL NEUROPATHY

Peripheral neuropathy is a term used to describe disorders where the nerves don't communicate properly, resulting in burning pain or numbness, trouble walking, and impaired balance. Often, the symptoms affect both right and left sides and may involve the hands and feet.

Causes of peripheral neuropathy are varied and can occur from many drugs, diabetes, autoimmune diseases, kidney failure, and vitamin deficiency. While many causes of peripheral neuropathy can be successfully treated or prevented, the treatment depends on its cause.

A study published by the Journal of Diabetes and Metabolic Disorders titled "The efficacy of physiotherapy interventions in mitigating the symptoms and complications of diabetic peripheral neuropathy: A systematic review" by Akbari et al. explains the benefits of physical therapy for patients with peripheral neuropathy.

The study states that exercise therapy has demonstrated "improvement in the foot and ankle function, range of motion, gait speed, daily physical activity level, standards of life, foot muscle strength, glucose levels, balance, neuropathic symptoms."

Our research-based treatments can help you get back to living an active life! Call us today to learn more about how we can help.



### WHAT TO EXPECT IN PHYSICAL THERAPY SESSIONS

At GTS Physical Therapy, our physical therapists will start by evaluating your medical history, including reviewing current and past injuries, diseases, or conditions contributing to your situation. We will also identify any medications or treatments affecting your condition.

Our trained therapists will use this information to develop a comprehensive treatment focusing on strategies to manage any symptoms you may be experiencing. Our programs will include targeted exercises to improve strength, balance, and coordination and address gait abnormalities. We will also use manual therapy, modalities, and education to aid in your improvement.

### REQUEST AN APPOINTMENT TODAY!

Our mission is to help reduce your peripheral neuropathy symptoms while improving your overall health and function.

**Call today to learn more about how we can help you take your first steps toward relief!**

Sources:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7843894/>  
<https://www.sciencedirect.com/science/article/pii/S14721818201401>  
<https://link.springer.com/article/10.1007/978-1-895-019-121-5>  
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## STRENGTHENING OUR HOMETOWN

Become strong by attending our one of our hometown workshops.

Come out and attend our pain relief workshops! All are welcome, although spots are limited, so sign up today!

### UPCOMING WORKSHOPS

**Neuropathy Workshop**  
March 26, 2024, at 4:00 PM  
All 17 Locations

**Balance Workshop**  
April 16, 2024, at 4:00 PM  
All 17 Locations

Call To Reserve Your Spot Today!

**(870) 600-0738**

## MONTHLY SPECIAL

### Free Physical Therapy Screening

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

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



## NEW CLINIC!

GTS Physical Therapy Mammoth Spring held a ribbon cutting ceremony on January 19th. Callen Ray, DPT and Brandyn Batterton, DPT welcome the community to stop by and discuss all the specialized programs we offer and how PT can help you get back on track to feeling normal again. The clinic is located at 350 Main Street Suite 5 and is accepting new patients.



## CONGRATULATIONS CORNER

Congratulations to these clinicians for completing their level 1 classwork for dry needling certification!

## OUR PATIENTS GET GREAT RESULTS



"After 6 weeks of knee pain preparing for half marathon at 62 years old, rather than medications or injections I chose LASER treatments. Two sessions later, I completed the race and am now pain-free. Give GTS a call."

TIM PADEN, MD

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## PHOTO CONTEST WINNER!

This month we had a photo contest where people could enter their favorite spot or beautiful view. The 1st place winner of the contest was Cori C.

## HEALTHY RECIPE

### APPLE PIE CHIA SMOOTHIE

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoon chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.



## STAFF SPOTLIGHT



JENNIFER MASSEY, PT

Jennifer grew up in Evening Shade AR and attended PT School at ASU Jonesboro. She spent 20 years at the hospital in Calico Rock seeing inpatients and outpatients. Jennifer currently lives in Melbourne with her husband who is the Superintendent of Melbourne schools. She has two children Kennedy and Justus as well as two stepsons, Chase and Cameron Massey. She loves the outdoors, basketball, crafting and being with her children.



## HOMETOWN STRONG!

GTS Physical Therapy Salem held an Ugly Sweater 5k/Fun Run in December. All proceeds were donated to start the Greyhound Care Closet at Salem Public Schools. GTS was able to donate \$1500.00 to this great cause. Thank you to the community for your participation and support!

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*We want to hear from you!*

Leave Your 5-Star Experience Below!!



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