



HOW PHYSICAL THERAPY CAN HELP WITH
**ROTATOR CUFF
INJURIES**

ALSO INSIDE

- The Role of GTS Physical Therapy in Your Recovery
- Attend Our Hometown Workshops

CALL TO SCHEDULE YOUR
APPOINTMENT TODAY!

(870) 600-0738

HOW PHYSICAL THERAPY CAN HELP WITH

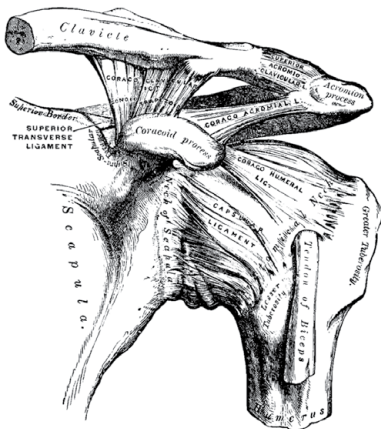
ROTATOR CUFF INJURIES

Imagine waking up one morning, eager to start your day, but as you attempt to brush your teeth, the pain in your shoulder sends a searing wave of discomfort through your entire arm. Suddenly, the simplest tasks become challenging.

This scenario is all too familiar for individuals dealing with rotator cuff injuries, which can severely limit daily life functions. However, there is hope in the form of physical therapy—a proven and effective way to regain strength, mobility, and overall shoulder function.

At GTS Physical Therapy, our physical therapists are highly trained and understand how important resolving your shoulder pain is. We'll get to the root of your problem and provide clear guidance to help you recover sooner rather than later!

Contact our skilled team of physical therapists today and get started on your road to recovery!



THE IMPACT OF A SHOULDER INJURY

Rotator cuff injuries can disrupt your life in many ways, affecting your physical abilities and overall well-being. Some common limitations and challenges individuals face due to shoulder pain include:

- **Painful Movements:** Simple actions like reaching for an item on a high shelf, combing your hair, or even tucking in your shirt can become excruciatingly painful.
- **Sleep Disturbances:** Many people with shoulder injuries struggle to find a comfortable position, leading to disrupted sleep patterns and fatigue.
- **Limited Range of Motion:** Reduced shoulder mobility can hinder your ability to perform essential tasks, such as putting on a seatbelt or reaching behind your back.
- **Loss of Strength:** Weakness in the affected arm can make lifting even lightweight objects a daunting challenge.

For those grappling with these challenges, seeking help from GTS Physical Therapy can be a game-changer!



STRENGTHENING OUR HOMETOWN

Become strong by attending one of our hometown workshops.

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

UPCOMING WORKSHOPS

Rotator Cuff Workshop

May 21, 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!



This crew braved the scare of the eclipse traffic in Little Rock and attended the “front office guru training”.

GTS
PHYSICAL THERAPY
PHYSICAL-OCCUPATIONAL-SPEECH

Red, White, and Blue
CORNHOLE
Tournament
June 29, 2024
SIGN UP

RED, WHITE & BLUE
FESTIVAL
2024

المنزل
MOUNTAIN HOME CORNHOLE
EST. 2022

GTS
PHYSICAL THERAPY
PHYSICAL-OCCUPATIONAL-SPEECH

You can sign up today by scanning the QR code. All proceeds go directly to the Red, White, and Blue festival.

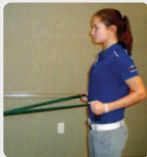
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EXERCISE ESSENTIALS

ROW WITH BAND

How To Do It

1. Stand with elbows bent to 90 degrees. Eyes level, band anchored at belly button height.
2. Squeeze shoulder blades together, down and back. Repeat 30 times.



HEALTHY RECIPE

BREAKFAST SMOOTHIE

- 1/2 Cups oats
- 1 Banana
- 1 cup of Spinach
- Honey to taste (optional)

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.

Adjust sweetness with additional honey, if desired.



STAFF SPOTLIGHT

LARAMIE HALL

Laramie Hall graduated from the University of Central Arkansas in August 2023 with his Doctorate in Occupational Therapy. He has been a GTS employee since September 2023, and is looking forward to treating community members who have occupational needs. Laramie is from Cave City and he still resides in Cave city with his fiancé and their dog. In his free time, he enjoys spending time with his friends and family, playing golf, fishing, and watching just about any sporting event on TV.



Even though it was wet and windy Maggie went to Dogwood Days in Horseshoe Bend on Saturday, April 27th.

(870) 600-0738



We want to hear from you!

Leave Your 5-Star Experience Below!!



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