



HOW PHYSICAL THERAPY

HELPS HIP & KNEE PAIN

ALSO INSIDE

- Choco-Peanut Butter Energy Bombs
- Attend Our Hometown Workshops

CALL TO SCHEDULE YOUR
APPOINTMENT TODAY!

(870) 600-0738

HOW PHYSICAL THERAPY

HELPS HIP & KNEE PAIN

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At GTS Physical Therapy, our team of physical therapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depends on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At GTS Physical Therapy, our physical therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! Call today to make an appointment.



IDENTIFYING THE SOURCE OF YOUR HIP AND KNEE PAIN

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity.

While many causes of pain exist, the most common are:

- Arthritis
- Tendonitis
- Sprains and strains (i.e., injuries to muscles and ligaments)
- Cartilage injuries

Hip pain is typically caused by injury or strain to the joint or surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

- **Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.
- **Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.
- **Sprains/Strains or Cartilage Injuries:** These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.



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

Knee Pain Workshop

June 18, 2024, at 4:00 PM
All 17 Locations

Rotator Cuff Workshop

July 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!



CLINIC NEWS

Stacy, Angie, Jennette, and Jesslyn attended the Mountain Home Disability Awareness Community Resource Fair on May 16, 2024, at Real Life Church Mountain Home.



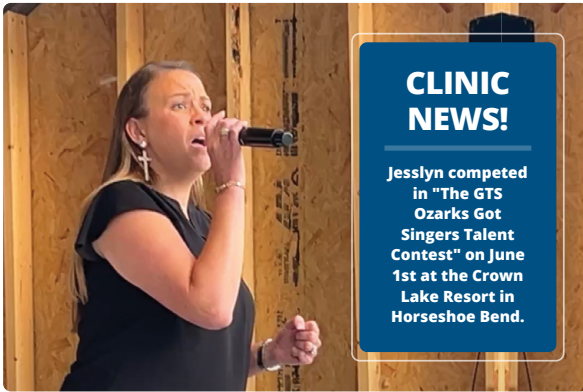
HEALTHY RECIPE

CHOCO-PEANUT BUTTER ENERGY BOMBS

- 2 cups old-fashioned rolled oats
- ½ cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- ½ cup raw honey
- ½ cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup dark chocolate chips

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chip. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

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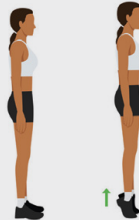
CLINIC NEWS!

Jesslyn competed in "The GTS Ozarks Got Singers Talent Contest" on June 1st at the Crown Lake Resort in Horseshoe Bend.

EXERCISE ESSENTIALS

STANDING HEEL RAISES

Find a surface at home such as your sink or countertop that allows you to grab both sides in case you lose your balance. Raise your heels up as high as you can slowly and then lower back down to the ground with good control.



Callen, Jennifer, and Maggie attended the 75th Fulton County Homecoming Festival on May 25, 2024, in Salem AR.

They handed out cooling towels to the first 50 5K runners and held an obstacle course.

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STAFF SPOTLIGHT

BRANDYN BATTERTON, PT, DPT

Brandyn graduated from the University of Central Arkansas in 2020 with his Doctorate in Physical Therapy. He is the lead PT at the Horseshoe Bend and Mammoth Spring locations. He was raised in Viola and now resides there with his wife and daughter. Brandyn is certified in Dry Needling and Blood Flow Restriction.



We want to hear from you!

Leave Your 5-Star Experience Below!!



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