

IS NECK PAIN INTERFERING WITH YOUR LIFE?

Don't let neck pain control your life. Take charge today with our expert help!



ALSO INSIDE

- Easy Salmon Burgers
- Attend Our Hometown Workshops

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APPOINTMENT TODAY!

(870) 600-0738

IS NECK PAIN INTERFERING WITH YOUR LIFE?

John, a middle-aged professional, found himself trapped in a seemingly never-ending cycle of neck pain. His daily life had become a battle against discomfort, and he was determined to regain control. John's quest for relief led him to our GTS Physical Therapy clinic, which has a reputation for solving the most stubborn musculoskeletal issues.

THE DAILY STRUGGLE

John's neck pain had begun as a mere annoyance but had swiftly escalated into a relentless torment. Each day brought new challenges, from the difficulty of turning his head to the constant strain that seemed to never let up. It affected his work, sleep, and overall quality of life.

During one of his sleepless night's internet searches, he stumbled upon our GTS Physical Therapy website. The clinic's reputation for delivering results caught John's attention. He devoured the numerous success stories and testimonials from patients who had found relief and regained their lives. The reviews emphasized the clinic's commitment to a holistic, results-oriented approach, which resonated deeply with John's desire for a lasting solution.

Desperate for a solution, he called the following day and scheduled a consultation.

THOROUGH ASSESSMENT AND COLLABORATIVE APPROACH

John's highly skilled physical therapist introduced herself and embarked on a comprehensive assessment of his condition. She delved into his medical history, daily routines, and the specific nature of his neck pain. Throughout the evaluation process, John felt actively engaged in his own healing journey.

UNEARTHING THE ROOT CAUSES

His physical therapist's keen eye quickly pinpointed the likely culprits behind John's neck pain. She explained that it was



likely a result of a combination of factors, including poor posture, muscle imbalances, and the stresses associated with his demanding profession. John was both relieved and hopeful to learn that his condition could be addressed with a systematic approach.



A HOLISTIC TREATMENT PLAN

His physical therapist wasted no time designing a personalized treatment plan for John. She stressed that the objective wasn't merely to alleviate immediate pain but to provide a sustainable, holistic solution. The plan encompassed various facets, focusing on correcting posture, strengthening specific muscle groups, and reducing tension through precise manual therapy.

- **Hands-On Therapy:** One of the components of John's treatment plan that he found provided immediate relief was the hands-on therapy sessions. His physical therapist employed techniques such as joint mobilizations, soft tissue techniques, and targeted stretching to alleviate immediate discomfort.
- **Targeted Exercises for Lasting Results:** His physical therapist taught him that lasting relief hinged on addressing the root causes and introduced a series of targeted exercises. These exercises were designed to help strengthen John's neck and upper back muscles while correcting the imbalances contributing to his pain.

RECLAIMING COMFORT AND FREEDOM: A PATH TO LASTING WELLNESS

Months later, John's neck pain had become a distant memory. He had found relief and developed a deeper understanding of his body's needs and capabilities.

If you find yourself grappling with neck pain, let John's story be a beacon of hope. Don't let pain hold you back; take the first step towards a pain-free future today!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
<https://www.sciencedirect.com/science/article/pii/S1836955320301417?via%3Dihub>



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

Peripheral Neuropathy,
August 20, 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!



Lance, Kerri, Jennifer, Macey, Jennette, and Jesslyn attended the Red, White, and Blue Festival 2024 on June 29th at Arkansas State University Mountain Home. Also pictured is the GTS Physical Therapy Red, White, and Blue Cornhole Tournament that raised \$680 that goes to the Red, White, and Blue Festival.



CHEROKEE VILLAGE SWIM HEALTH CLUB

Kathryn and Maggie attended the partner workshop at the Cherokee Village Swim Health Club with the Shallow Water Aerobics class and the Deep Water Fluid Running class.

HEALTHY RECIPE

EASY SALMON BURGERS

- 1 cup finely chopped red onion
- 1/4 cup thinly sliced fresh basil
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 pound salmon fillet
- 1 tbsp hot pepper sauce
- 1 large egg white
- 8 slices focaccia, toasted



Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine. Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness. Serve patties on toasted focaccia.

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STAFF SPOTLIGHT

MATT COOPER, PT

Matt is the Physical Therapist at Highland and Walnut Ridge GTS Physical Therapy clinics. He grew up in Blytheville but currently lives in Jonesboro. He attended the University of Central Arkansas in 2008 and obtained a bachelor's degree in health science. He then graduated with a Master of Physical Therapy from Arkansas State University in 2010. Matt is also a Mackenzie Trained therapist. When he is not working, he likes listening to music, riding motorcycles, and attending church. Matt has been married for twelve years and has two children.



Stacy, Laken, and Tiffany attended the 2nd annual Heart Like Mine Gala hosted by A Heart Like Mine Foundation. It was an amazing night full of incredible stories and raising awareness. Did you know A Heart Like Mine Foundation gives back 100% of the proceeds?!? Go give their Facebook page a visit and help raise awareness for CHD!

(870) 600-0738



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