



TIP OF THE MONTH

Choosing PT for Chronic Pain

When pain is chronic and nasty, it hurts because the brain has concluded that you are threatened and in danger. In these cases, it's easy to ask for **prescription pain medication**, but the trick is finding out why the brain has come to this conclusion. By choosing physical therapy for chronic pain,

licensed therapists are able to determine and treat the source of pain, leaving patients stronger and more active.

Things you should know about pain:

- The amount of pain you experience does not necessarily relate to the amount of tissue damage you have sustained.
- Many changes in tissues are just a normal part of being alive and don't have to hurt.
- Various cues may relate to painful experiences, but without exception, it is the brain which decides whether or not something hurts.
- The body does not contain "pain sensors", instead it contains "danger sensors" which are scattered throughout itself.
- Muscles are often blamed for pain, but in reality they are not the cause. Here is the truth about muscles: Muscles are champion healers. They are difficult to injure (although micro tears can happen), and have a great blood supply.
- Tissue damage causes inflammation, which directly activates danger sensors and makes neurons more sensitive.
- Tissue healing depends on the blood supply and demands of the tissue involved, but most tissues can heal.

What to expect from a chronic pain physical therapy program:

Our physical therapy team will work to classify the components of your pain, determine the root causes of all potential pain sources, and address the wide ranging factors that influence pain. Chronic pain management programs may include:

- Pain counseling
- Functional restoration program
- Implementation of exercise from an exercise specialist
- Patient independence for long term self-management
- Massage/manual therapy as needed

As physical therapists, we want to see our patients thrive. No one has a single answer for all pain. Pain, like people, is always different. If you have chronic pain, give us a call. Educated movement through physical therapy is brain nourishing because it re-establishes motor and sensory representations of the brain. By being patient and persistent, we can help you manage your pain and gradually increase your activities and involvement in life.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



*"Hardships often prepare ordinary people for an extraordinary destiny."*

— C.S. Lewis

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

A RECIPE FOR YOU

Blueberry Smoothie

This smoothie recipe comes to us from one of our good friends in Virginia. It's healthy AND delicious so we couldn't help but pass it along.



INGREDIENTS

- 1 banana
- 1 cup kale
- ½ cup frozen blueberries
- ¼ cup greek yogurt
- 1 tsp grated ginger
- ¼ cup ice
- 1 cup almond milk

DIRECTIONS

1. Put all of the ingredients into a blender and process until smooth. Enjoy!



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While the warmer weather brings on a new sense of happiness and energy, we need to remember to use proper body mechanics and follow general safety to avoid muscle aches and potential serious injuries. [more](#)