



TIP OF THE MONTH

Pain is Scary, But Physical Therapy is Not!

October is physical therapy month, so we want to talk about why physical therapy is our passion. Physical therapy, by Merriam-Webster's definition, is "Therapy for the

preservation, enhancement, or restoration of movement and physical function impaired or threatened by disease, injury, or disability". When you have an ache or pain, immediate relief may be your first inclination, but medication alone pales in comparison to what physical therapy (PT) can provide. Here are some of the benefits of choosing PT over pain relievers:

- Physical therapy side effects include decreased pain and improved mobility and strength. In contrast, Opioid side-effects include depression and addiction.
- Physical therapy treats the cause of the problem while **Opioids** simply mask the symptoms.
- Physical therapy helps patients to develop healthier lifestyles.

Going to physical therapy first can save patients time and money. For example:

- For those with **BACK PAIN**: Going to physical therapy first may result in long term solutions without the use of expensive prescriptions or tests such as MRI's.
- Struggling with **KNEE PAIN**? Struggling with KNEE PAIN? In some cases physical therapy is as effective as Arthroscopy for treating certain types of **knee pain**.

WE understand that you are concerned with maintaining your health. By **choosing physical therapy first**, you can likely reduce or remove the need for surgery, as well as remove the risk of dependence on prescription pain killers. For more information, please call us or stop by to ask us about how we treat pain.

Featured Article: [The 4 Stages of Recovery After an Injury](#)

Soft tissue injuries are commonly categorized depending on a time frame beginning with the date the injury occurred. Physical therapy programs can help make recovery after an injury easier on the body.

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



"Be bold in your caring, be bold in your dreaming and above all else, always do your best."

— George H.W. Bush

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

Mummy Dogs:

These are great as a party idea or for a fun spooky snack. Adults and kids alike will love your mummy dogs!



INGREDIENTS

- Package of hot dogs
- Can of Pillsbury crescent rolls
- Candy eyeballs

DIRECTIONS

1. Preheat the oven to 375°
2. Open the crescent rolls, separate the triangles on the perforation, and cut each triangle into four pieces
3. Wrap the dough around each hotdog, making sure to leave a space for the candy eyes
4. Bake for 15 minutes and let cool
5. Apply the candy eyeballs to the mummies and enjoy!