

NEWSLETTER

SHOULD I COME TO PHYSICAL THERAPY IF I AM IN PAIN?

BY DR. PENNY GOLDBERG, PT, DPT, ATC



Yes! Yes! Yes. A thousand times yes, you should come to physical therapy if you are in pain. That is what we are here for! Your physical therapist can help you find ways to feel better and move more. The goal of every physical therapy

session is to decrease your pain and improve your function- and this can change from session to session based on how you feel on any given day.

What Can Physical Therapy Do for Me While I am in Pain? Attending physical therapy when you are in pain allows your therapist to educate you on techniques or strategies to manage the pain. This also gives the physical therapist some insight into how you move when you are in pain, which may help when planning your future exercise program. Your therapist will prescribe specific exercises and movements that are designed to decrease your pain while increasing your ability to do your daily tasks.

Help! I Can't Get Up and Moving! If you are in a lot of pain and need a jump-start to get yourself to the clinic, you can try a few things:

1. Deep Breathing for Relaxation. Stress actually makes pain worse so focusing on staying calm and relaxed can help. Deep breathing can increase blood flow and even aid in getting to sleep. Find a quiet area where you can sit or lie down comfortably. Draw a slow breath in while you count to 4. Hold the breath for 1-2 seconds and

then exhale for a count of 4. Do this for 5-10 minutes (or until you feel yourself relax) before slowly starting to move again.

2. Meditation. Research has shown meditation can be an effective way to manage pain. Meditation engages pathways in the brain that make it less sensitive to pain and increases the brain's production of its own pain-reducing opioids (Endorphins). There are several apps that offer guided meditation as well as tons of internet gems.

3. Get moving. As Dr. Penny Goldberg, assistant clinic director and Sports Physical Therapist always says, "The worst thing you can do is nothing." For most conditions, bed rest can actually lead to more pain. Slow, controlled movements and letting pain be your guide are the secret to success here. Try standing up and walking around a little bit. You may find that the first few steps are painful but with continued movement, the pain decreases."

Success in physical therapy begins and ends with consistency. The key to getting better is your engagement with your program, which may involve putting in work even when it is uncomfortable. This is not the same as pushing through pain! Our physical therapists are movement experts and will modify your program to suit your needs during each session. At the end of the day, we can't help you if you are not here.

Your therapist will check in with you at the start of every session to see what your current pain level is and if the prescribed exercises are working for you. Physical Therapy is a collaboration of our knowledge, experience, and expertise and your individual needs, goals, and willingness to work. **Together we can get you back to living life, pain-free.**

INSIDE:

- Why Did My Chronic Pain Develop?
- Patient Results

- Healthy Recipe
- 5 Easy Ways to Strengthen Your Child's Core

NEWSLETTER

CHRONIC PAIN CAN MAKE DAILY LIFE PROBLEMATIC PHYSICAL THERAPY IS THE SOLUTION


FREE
**15 MINUTE PAIN
SCREEN**
**BIG
DEAL**
ReQuest
 PHYSICAL THERAPY

 Contact us today to schedule your **FREE** screening!

Offer expires 06/27/21

Chronic pain affects more than 100 million people in the U.S. and 20-30% of the global population, reports the National Institutes of Health Office of Disease Prevention. Moreover, experts predict chronic pain will increase in prevalence as people age into later adulthood. Finding relief for pain also continues to evolve, especially as health providers become more concerned over the use of narcotics and opioids to treat chronic pain.

However, understanding more about chronic pain and obtaining physical therapy may alleviate your pain.

How can I tell if my pain is chronic? Although pain is a natural way for the body to alert a person of a problem, it can rise to a heightened level. Chronic pain persists for weeks, months or even years, explains the National Institute of Neurological Disorders and Stroke.

When pain is unrelenting, it results in severe impacts on daily life. Chronic pain may include pain associated with arthritis, cancers, infection and even when no past injury or health problem exists. Furthermore, chronic pain generally affects the back or a specific muscle group.

As stated by the National Institute of Neurological Disorders and Stroke, "While acute pain is a normal sensation triggered in the nervous system to alert you to possible injury and the need to take care of yourself, chronic pain is different.

Chronic pain persists. Pain signals keep firing in the nervous system for weeks, months, even years.

There may have been an initial mishap -- sprained back, serious infection, or there may be an ongoing cause of pain -- arthritis, cancer, ear infection, but some people suffer chronic pain in the absence of any past injury or evidence of body damage. Many chronic pain conditions affect older adults.

Common chronic pain complaints include headache, low back pain, cancer pain, arthritis pain, neurogenic pain (pain resulting from damage to the peripheral nerves or to the central nervous system itself), psychogenic pain (pain not due to past disease or injury or any visible sign of damage inside or outside the nervous system).

A person may have two or more coexisting chronic pain conditions. Such conditions can include chronic fatigue syndrome, endometriosis, fibromyalgia, inflammatory bowel disease, interstitial cystitis, temporomandibular joint dysfunction, and vulvodynia. It is not known whether these disorders share a common cause."

WHY DID MY CHRONIC PAIN DEVELOP?

Treating chronic pain means managing the original cause. For example, someone living with tissue damage from a past fall or accident needs to address the actual issue. It could be a herniated disk, poor posture, obesity, arthritis, past fractures or nerve damage. The list seems endless. Of course, another cause includes damage to the muscle or a ligament, also known as strains and sprains respectively, reports the Mayo Clinic. Moreover, certain health problems may increase risk for damage to joints and muscles as well, contributing to a loss of motion and the buildup of tension.

For those without a root problem, turning to medications can feel like the only solution. However, a quick scan of recent news reports reveals many dangers exist in medication treatment for chronic pain, especially opioids.

Physical therapy and chronic pain relief. As opioid overuse became a public health crisis, health providers started to think about other ways to manage chronic pain. According to Move Forward PT, the Centers for Disease Control and Prevention (CDC) now recommends the use of non-drug approaches over use of prescription painkillers. Unlike medications, which simply place a proverbial bandage over the issue, physical therapy works to address the root problem. Since causes of chronic are often associated with damage to a joint or muscle group, improving the range of motion of joints may improve symptoms.

In this case, more movement of joints encourages the body's natural response to improve mobility and muscle tone, endurance and strength. As a result, pain decreases. For people with known injuries, treating injuries with physical therapy serves additional purposes. These include improving circulation to the joint and tissues to promote healing, as well as helping a person learn to move the joint without risking additional damage. The



long car-ride is an example of how failure to move frequently contributes to soreness. Over time, limited motion will cause pain during movement. So, routine treatment with a physical therapist may reduce risk for chronic pain, as well as improve symptoms for those living with it today.

Solve the issue of chronic pain with physical therapy. Chronic pain does not always require advanced medication treatment. Instead, physical therapy and understanding more about the causes of chronic pain may be the best solution, and in fact, they carry less risk for injury, result in fewer side effects and elimination of the risk for addiction. **To learn more about how therapy could help with your chronic pain, schedule your appointment online today.**

Sources: www.ninds.nih.gov/disorders/all-disorders/chronic-pain-information-page
www.mayoclinic.org/symptoms/back-pain/basics/causes/sym-20050878
www.moveforwardpt.com/didyouknow/detail.aspx?cid=cd52bad5-f4a3-4f1f-a387-9cd4a3bc1842

CALL GAINESVILLE: (352) 373-2116 OR TIOGA: (352) 692-2131 TODAY TO SCHEDULE AN APPOINTMENT!

BLUEBERRY PEACH & GREENS WITH LEMON VINAIGRETTE

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

Salad

- 4-6 cups fresh greens (I used arugula, spinach, spring mix, and sprouts)
- 2 ripe peaches, pits removed & sliced
- 1 cup fresh blueberries
- 1/3 cup purple onion, thinly sliced
- 1 cup pecans

- 1/4 cup goat or feta cheese (optional)
- #### Dressing
- 1/4 cup fresh lemon juice
 - 1 tsp Dijon mustard
 - 1 tsp olive oil
 - 1 garlic clove minced
 - 1/4 to 1/2 tsp sweetener, optional
 - Pinch of salt

DIRECTIONS

On 4 salad plates or in a large mixing bowl add greens, blueberries, onion slivers, pecans, and peaches. Top with pecans and goat cheese. In small bowl combine all dressing ingredients. Whisk to combine then drizzle on salad if serving immediately. Note: keep dressing and salad separate and refrigerated if not serving immediately.

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.

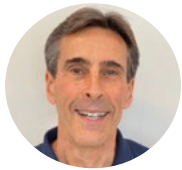




PATIENT RESULTS

"I can't begin to express the level of professionalism this establishment possesses. My physical capabilities have really improved drastically since my physical therapy began several months ago for low back pain, piriformis spasms, and severe sciatica. ReQuest Physical Therapy staff all work together with me to achieve the goal of patient rehabilitation and satisfaction."

- Redd W.



JEFF GILLIAM
PT, PhD, OCS
Call today to schedule!
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**WE MAKE IT
EASY TO LEAVE
A REVIEW!**



INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame
(this will take you directly to our Patient Results page)
3. Tell us how we've done! Click on the "Review Us" button on the top of the page.



requestphysicaltherapy.com

WHO DO YOU KNOW THAT NEEDS OUR HELP? REFER A FRIEND!



Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle

Have them call our office today!



1. Call and talk to a therapist



2. Discover why your pain has come back



3. Get your custom recovery program



Fun & Games: Sudoku

4			8			9		2
				7	6		4	
5						3		
9						1	5	
7			2	1	9			8
	8	1						9
		4						3
	7		5	6				
8		5				1		7

<http://1sudoku.com>

n° 228901 - Level Medium

5 EASY WAYS TO STRENGTHEN YOUR CHILD'S CORE

By Samantha Ream, M.Ed., Ed.S., LMT



"Tummy time" is not just for infants! Young children and adolescents are spending more time sitting at desks and in front of computers than ever before. Even free time is often spent slouched on a couch in front of a television or video game.

Having a strong core can help build a strong, resilient body. This gives your child the best chance to optimize the effectiveness of their movements. Focusing on core specific exercises will also improve your child's balance and posture.

Here are 5 easy ways to incorporate core exercises into your child's play:

1. Go for a bike ride. Bike riding engages the core by placing the child in an upright position where they are forced to balance themselves to stay on the bicycle. Bike riding also stimulates large leg muscles and helps with proprioception, which is the child's awareness of their body in space.

2. Play on all fours. Do activities like puzzles, building with blocks or legos, or creating artwork on the ground where the child can be on their hands and knees.

3. Move like an animal. Try these animal movements and ask your child to think of more!

- Wiggle like a snake
- Hop like a kangaroo
- Jump like a frog
- Crawl like a crab

4. Create a tightrope. This can be done with masking tape or sidewalk chalk or you can use a curb or a raised board.

5. Go for a swim. Swimming is an amazing full-body strengthening and cardiovascular workout for both children and adults.

WE ARE
HIRING!



requestphysicaltherapy.com

At ReQuest Physical Therapy, our focus is on delivering exceptional results and services, learning new techniques, advancing our capabilities, and of course, having an exceptional team environment! Our expanding practice provides many opportunities for further education and career advancement.

We want team members that have passion and enthusiasm for helping the patients we serve feel better fast.

- We are currently looking for:
- Licensed Physical Therapists
 - Licensed Massage Therapists
 - Patient Care Coordinators

ReQuest
PHYSICAL THERAPY

Feel free to share this with anyone you think may be a good fit for our ReQuest family! Please email resumes to samantha.ream@requestphysicaltherapy.com.

Exercise Essentials

Try these exercises to keep you moving...

WALKING LUNGE

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 30 seconds and repeat 5 times.

Strengthens
knees



Exercises copyright of
 SimpleSet Pro
www.simpleset.net

SEATED KNEE TO CHEST STRETCH

Sit tall in a chair with feet flat on the floor. Gently pull the knees to the chest with both hands until a comfortable stretch is felt in the mid and lower back. Slowly return to the starting position. Aim to complete 4 to 6 repetitions of this exercise.

Stretches
back



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!

Why You Need To Come Back In For A Tune- Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle



Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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