

N E W S L E T T E R

MAKE 2022 YOUR HEALTHIEST YEAR YET.

INSIDE:

- Aspire Toward A Happier & Healthier Life Today
- It's Easier To Get Physical Therapy Than You Think!
- Exercise Essentials
- FREE 15 Minute screens



N E W S L E T T E R



LIVE A HAPPIER & HEALTHIER LIFE WITH PHYSICAL THERAPY

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A healthy, strong, and active lifestyle is what everyone strives for.

However, it is not always easy to obtain, especially for those suffering from chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of health and fitness, all while reducing your pain. If you are looking for a healthier, stronger, and more active lifestyle, contact Joint Effort Physical Therapy today!

Getting on track with physical therapy: The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints simply aren't what they used to be, and you are looking for relief? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health.

A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-

home exercises, patients strengthen their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Physical therapy treatments are catered toward your needs and goals! Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound.

An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.



ASPIRE TOWARD A HAPPIER & HEALTHIER LIFE TODAY

Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.) Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain. Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others unfortunately give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.

Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further – Joint Effort Physical Therapy

is here to help. Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources: http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Practice/PTRoleAdvocacy.pdf • <http://www.apta.org/Media/Releases/Consumer/2013/12/5/>



We can help you find relief! Give us a call today at 501.781.2701 or visit www.JEPhysicalTherapy.com to schedule your appointment!

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EXERCISE ESSENTIALS

Helps Relieve Shoulder Pain



SINGLE SHOULDER RAISE

Start by standing with good posture and your arms by your side. Raise one shoulder to a 90 degree angle and hold for 10 seconds. Repeat 5 times on each arm.



FIND RELIEF BY THE NEW YEAR.

IT'S EASIER TO GET PHYSICAL THERAPY THAN YOU THINK!

Did You Know You Have Direct Access To Physical Therapy?

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed. In the state of Arkansas you have direct access to physical therapy!

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

Patient Success Story:

After several treatments, my pain is less and I'm a happy camper!

"30+ years ago, I had a rotator cuff surgery and about 4-5 months ago, my shoulder started bothering me again with aching pain. Wanting to avoid another surgery if possible, I opted to try the shock wave therapy for pain relief. After several treatments, my pain is less and I'm a happy camper! Thank you Joint Effort!!" - T. Mansfield

www.JEPhysicalTherapy.com
501.781.2701

FREE ROTATOR CUFF WORKSHOP

THURSDAY, DECEMBER 2ND AT 6 PM

Don't miss out on this opportunity to get to the bottom of your shoulder pain and learn how to prevent future shoulder or rotator cuff injuries. Be sure to sign up today as seating is limited. Register online today at

jointeffortpt.ptworkshops.com/JointEffortPT-HotSprings/rotatorcuff/workshop



CALL 501.781.2701 TODAY!



*Come back to physical therapy and **don't** waste your benefits!*

10 SPOTS RESERVED FOR
FREE 15 MINUTE SCREENS

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PHYSICAL THERAPY

TO REDEEM, GIVE US A CALL & MENTION THIS COUPON!

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Offer valid for the first 10 people to schedule.
Expires 12-31-21