

N E W S L E T T E R

GET TO THE BOTTOM OF YOUR DAILY ACHES & PAINS

INSIDE:

- Helping Aches and Pains
- It's Easier To Get Physical Therapy Than You Think!
- Exercise Essentials
- FREE 15 Minute screens





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HELPING ACHES
AND PAINS

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Everyone develops aches and pains from time to time. After a long day out in the sun, or after an afternoon of trying to keep up with household chores, sometimes the tasks that we expect of our bodies can get the best of us.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day in your shoes, or a crick in your neck that just won't go away, dealing with aches and pains can really take a toll on your overall feeling of wellbeing. If you stopped and asked around, you'd be amazed to see how many people are struggling with aches and pains, just like you. What may surprise you even more is how many people are coping with those pains without doing anything productive about it.

How to Deal with Aches and Pains

Pain medications can reduce the severity of aches and pains for a little while, but they don't do anything to resolve the issue. There are things that you can do at home that can alleviate your aches and pains, helping to reduce the severity of your discomfort while also reducing the likelihood that the pain will return. Don't just complain about those aches and pains. Start doing something about them. Here is a quick

rundown of things that you can do at home that can reduce your daily aches and pain:

- 1. Use hot and cold therapy appropriately to reduce inflammation.** After a good workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts on and off for 20 minutes at a time during the first 24-72 hours after the pain develops. After that, consider soaking in hot water, such as taking a warm bath, to further soothe your muscles.
- 2. Don't underestimate the power of resting!** Your body relies on sleep just as much as your brain. You need to get plenty of sleep to keep your stress level at a minimum—and that includes your physical stress level. Aim to sleep between 7-9 hours every night. The more activity you engage in, the more sleep you need.

(Continued inside)

Come back to physical therapy today!
Give us a call today at (501) 781-2701 or visit
www.JEPhysicalTherapy.com to schedule your appointment!



HELPING ACHES AND PAINS

(continued from outside)

3. Keep your body in good shape with regular exercise. It may seem counterintuitive to cut down on pain by moving more, but exercise is a really good way to reduce aches and pains. When you exercise every day, you are able to train your muscles for more movement, and thereby reduce aches and pains.

Keeping active, staying rested, and being smart with hot and cold therapy create a trifecta for healthy management of aches and pains, but they aren't going to solve the bigger problems. When aches and pains start to grow severe, or chronic, then it is time to reach out to a professional for support. Physical therapy is the best way to reduce aches and pains because it takes into account a combination of active and passive strategies to help tackle the cause of your pain.

Why Physical Therapy?

There are a lot of different reasons as to why you may start feeling aches and pains. Muscle pain will occur whenever your muscles start to grow. To build more muscle mass, your muscles have to stretch, and lactic acid can pour into the lining of your muscles to cause a burning sensation. More movement will push that acid out, helping you to experience relief, and in time your muscles will develop

increased elasticity, and the burning won't be so severe. Build-up of tension from stress or overuse, and muscle pain from poor posture can also contribute to regular pain. A physical therapist can take a comprehensive assessment to help determine what may be the primary cause behind your aches and pains.

Working with a physical therapist can help you develop a new approach to managing your aches and pains. Your physical therapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching and targeted movements to help you experience ongoing relief from regular discomfort. Give us a call so we can help you say goodbye to your aches and pains.

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Call (501) 781-2701 today!

MEET THOMAS

Our newest Physical Therapy Assistant!



EXERCISE ESSENTIALS

Helps Relieve Neck Pain



SIDE NECK STRETCH

Place one hand on the side of your head, then pull your head towards your shoulder. Hold for 15 seconds and repeat on both sides.



www.JEPhysicalTherapy.com

CALL TODAY!

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 your-self 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:

They were also very kind and compassionate in helping me get back to 100%.

"Joint Effort was by far the best place for me when I had my knee surgery! Rob and Gretchen are both the most knowledgeable and professional therapist I have dealt with. They are very thorough and explanatory in all of their actions! They were also very kind and compassionate in helping me get back to 100%. I would recommend joint therapy for anyone needing a physical therapist!!" – Cari N.

www.JEPhysicalTherapy.com

(501) 781-2701



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

SEASONAL RECIPE

EASY HOT APPLE CIDER



- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.

(501) 781-2701

10 SPOTS RESERVED FOR
FREE 15 MINUTE SCREENS

 **JOINT EFFORT**
PHYSICAL THERAPY

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

(501)-781-2701

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