

KINDERGARTEN, HERE WE COME!



If you have been part of our TBTW Family in the past 6 years, you know Blake! It's hard to come to TBTW and NOT know Blake. Whether you remember Sara waddling around the clinic with a big old belly or seeing a half-naked boy dart through with only a diaper on, he is hard to miss. And now he started Kindergarten!

I am sure many of you remember how it feels to pack up a little one and start them off on their first day at school. The mixture of emotions, ranging from excitement, to fear to "where did the time go?"

This year was our time. On that (hot) August morning... the one that seemed to come way too quick... Erik and I packed up our not-so-little Munchkin and headed off to Kindergarten. Blake was excited to find out that not only was he in the "Mickey Mouse Room" but his class was moved to the room right behind the playground. Obviously the best spot! Blake strutted into the room, hung

up his book bag and with a big, proud smile sat down at his desk. Daddy beamed and Mommy cried. His Godmother, Andie, came to support.

We made sure he had all his supplies, took our pictures and gave him kisses. Before leaving, we turned at the school. We realized that life would never be the same. Our little boy was growing up. As I think about all the things that are coming to and end... the sleepless nights, the diaper changes, eating random small objects he finds on the floor... I will miss them. Then I think of what is to come... the baseball games, helping with homework, and his developing sense of humor... I am excited about what is to come!

So please stop by and celebrate with us!
(and bring some extra Kleenex!)

All the best,

Sara Morrison



NEWSLETTER

CONTINUE AN ACTIVE LIFESTYLE FREE OF PAIN! FINDING RELIEF FROM NECK PAIN

(continued from outside)



Neck pain can be both debilitating and terrifying. When you experience an injury that leaves your neck in severe pain, the thought of not being able to freely turn your head is overwhelmingly stressful. What's more, the pain itself is unbearable, and since the neck is so sensitive to injury, it is important to be as careful as possible in finding treatment and solutions for the pain.

It is incredible to realize how common neck pain is – especially among American adults! More than two-thirds of U.S. adults will develop neck pain at least once in their life, and the reasons for the neck pain are as varied as the population of the nation itself. Injury, muscle strain and even stress can cause significant pain in the neck and upper back. If you aren't careful, a neck injury can lead to chronic pain, and it is even possible for chronic headaches like migraines to develop as a result of regular neck pain.

There are a lot of different ways that you can relieve neck pain, but the best treatment for your personal needs depends entirely on the type of injury that you've experienced.

Here is a quick breakdown of what could be

going on to cause your neck pain:

If your pain is developing gradually over time and is not the result of any particular injury that comes to mind, then it may be a result of degenerative disc disease. When this develops, you may experience chronic neck pain as a result of fluid-filled sacs that are becoming weakened over time as a result of stress and strain. Physical therapy can help alleviate the pain from degenerative disc disease by helping restore blood circulation and improve range of motion in the neck. This therapy is approached in a careful and deliberate way so as to not cause further pain in the neck region.

Sometimes, neck pain develops after a particular injury, such as due to athleticism or even as a result of a car accident or a slip and fall accident. When this happens, your pain could be a result of a muscle strain or sprain. When this is the case, then using traditional methods like hot and cold therapy and targeted physical therapy treatment can do a lot of good to alleviate the pain. However, attempting exercises on your own could also result in further pain.

In some cases, mechanical neck pain can develop as a result of a change in the neck joints. This may develop as a result of a disc collapsing, which causes the space between the bones to become narrow, often causing bones to strike one another, resulting in pain. When this isn't addressed, mechanical neck pain can spread, causing the pain to become more severe and covering a wider range of the neck.

Finally, neck pain is sometimes caused by radiculopathy, which refers to pressure or irritation in the nerves of the neck, which alters the electrical signals in the neck, causing you to feel more pain throughout the day. Physical therapy can help reduce the pressure and irritation surrounding the nerves, often offering immediate relief from pain and discomfort.

These are just some of the frequent causes of neck pain. It is important that you never assume that your neck pain is being caused by one or another of these issues, and that you instead always work with a licensed and experienced physical therapist to determine the precise cause of your pain and discomfort.

IS YOUR NECK PAIN CAUSED BY SLEEP ISSUES?



Are you suffering from Neck Pain caused by sleeping positions or other issues?

START FEELING BETTER TODAY

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There is one more factor that often is not spoken about, but it's a frequent cause of neck pain and discomfort: sleeping issues. Sometimes, sleeping in a certain position or sleeping on a mattress or pillow that is too soft or too hard will lead to neck pain. Oftentimes, this pain will appear to be chronic, as the sleeping issue is likely something that you experience day after day, causing the pain to return regularly.

It may be helpful to rule out sleeping concerns as a reason behind your neck pain by assessing your sleeping conditions and making any changes that you think may be necessary. Adjust how many pillows you sleep on, the position you sleep in or even your mattress!

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Patient Success Spotlight



"I will continue to refer patients here for all you do!"

"I know from personal experience what PT can do for you. I have seen it first hand and experienced it. There are other things to help you get better other than drugs. If one has a goal, you have to have discipline. Without discipline, one will never reach that goal. I have that in each exam room. I will continue to refer patients here for all you do!" - Richard T.

RELIEVE NECK PAIN IN MINUTES

Try this movement if you are experiencing neck pain.

CHIN TUCK SUPINE

Lie with roll under neck. Without lifting head, tuck chin gently. Keep the large muscles in the neck relaxed.

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COMPLIMENTARY WORKSHOPS

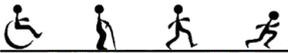
If you, or a loved one, has pain, join us in a complimentary informative workshop on common causes, treatments, and prevention of your pain.



SATURDAY, SEPTEMBER 15TH:

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Success Stories

"I feel confident that the LighForce laser has provided relief to our players through some painful conditions and has been integral in the rehabilitation process after injury. In addition, I believe it has accelerated the recovery time to several injuries that would have normally kept our players off the ice. The LighForce laser has been very easy to use, has had no maintenance issues and has been an important asset to the team."

Tim Macre, ATC, CSC S
Head Athletic Trainer for the Buffalo Sabres®

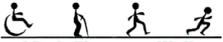
"The medical staff has made this therapy device 'one of our go to' tools when treating sprains, strains, and other muscular skeletal conditions. The ease of application makes the whole treatment very efficient. I am confident in saying that the LighForce laser helped us get our players back on the court faster. It also helped us keep injured players in action through some painful conditions."

Ed Lacerte, MEd., PT, SCS, L/ATC, CSC S
Head Athletic Trainer for the Boston Celtics®

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1. It reduces pain and inflammation without side effects

Laser therapy uses a process called photobiomodulation. Unlike medications, laser therapy reduces pain without undesirable side effects. It is also important to point out that patients report long-lasting pain relief. While the number of treatments required may vary depending on the acuity of the condition, many patients experience lasting relief after only a couple treatments.

2. Can be used for acute and chronic conditions

When treating acute conditions with laser therapy, it is particularly effective when it is administered as soon as possible following injury. The faster the inflammation is reduced and the healing process can begin, the better. In the case of acute injury, laser therapy helps restore the body to normal function quicker.

3. Treatments can be customized for each situation

Depending on the condition, whether it is an acute swollen ankle or chronic low back pain, the therapist will set the laser up for your condition to treat the pain and inflammation along with improving cellular function to maximize the benefits.

4. Treatments Feel Good

Depending on the laser, it can create little to no sensation or it can create a gentle, soothing warmth.

5. Treatments Are Fast

With LightForce lasers, treatments are quick, usually 5-12 minutes depending on the size, depth, and acuteness of the condition being treated.

We are offering a free laser therapy consultation for all of our current and past patients. If you are interested in scheduling your complimentary session, please call us at 910-893-2850.