



Do You Have Pain That Slows You Down? You Can Find Relief

WE CAN SHOW
YOU THE WAY
TO GET MOVING
AGAIN!

INSIDE:

Find The Source Of Your
Hip, Knee & Leg Pain

What's Causing My Joint
Pain?

Relieve Knee Pain
In Minutes

WWW.MYFIRSTCHOICEPT.COM

NEWSLETTER



Do You Need Help To Stay Active and Pain Free?

Find the Source of Your Hip, Knee & Leg Pain

Do you suffer from knee, hip or leg pain? You are not alone. CDC studies show that 30% of adults have reported some form of knee, hip or ankle joint stiffness or pain in a 30 day period.

The hip and knee joints are incredible marvels of the human body. At times they have to withstand up to 6 times your body weight in force. The knee joint is the second most complicated joint in the body and has to move in many directions including forward, backward, side to side and rotation. These different movements are called accessory motions and are needed for normal walking, running and bending.

When you experience pain in the side of the hip, groin, thigh or knee, you may have difficulty with these accessory motions. Prolonged sitting, injuries, arthritis and disease can affect accessory motions. With everyday use, tissues around the hip and knee joints tighten, leading to a gradual loss of motion. This causes a lot of pressure to build up on specific parts of the joints.

When Your Motion is Lost

When you lose the movement of the hip, knee or ankle joints, your muscles have to take on the abnormal strain. This leads to common aches and pains experienced by millions of people. Many people feel that medication will help solve their hip, knee or leg pain. While medication can help to decrease inflammation and pain, it cannot



address the root cause of the problem. Most pain in the hip, thigh, knee or leg comes from poor flexibility, strength or coordination.

Treating Leg Pain

To determine the source of your leg pain our physical therapists examine your walking, squatting, joint movement, comparing the strength and mobility of the joints. A comprehensive

treatment plan, including special hands-on techniques, is made to achieve the fastest relief and the longest lasting results. If you are suffering with hip, knee or leg pain, call us today to learn how we can eliminate your pain and put a spring back in your step!

Look inside to learn more and say goodbye to that aching knee or hip!

“What’s Causing My Joint Pain?”

Your Pain Could Be Caused By Arthritis

Millions of Americans suffer through arthritis pain every day, taking ibuprofen and stronger medications to numb the pain and address the ongoing inflammation. The definition of arthritis is joint inflammation; however the term has acquired a wider meaning. Arthritis is now used as a generic term for osteoarthritis and other conditions that affect joints. The pattern, severity and location of arthritis symptoms can vary depending on the specific form of the disease.

Typically, arthritic conditions are characterized by pain and stiffness in and around one or more joints. The symptoms can develop gradually or suddenly. Certain rheumatic conditions can also involve the immune system and various internal organs of the body.

Physical therapy is an important part of the ongoing treatment for arthritis. Physical therapy strengthens, stretches and stabilizes muscles surrounding affected joints providing needed support.

Relieving Joint Pain

Exercising is important to help reduce joint pain and stiffness. Light to moderate-intensity physical activity can actually prevent a decline in function, even restoring health. However, some people with arthritis may be reluctant to exercise because of joint pain after activity.

You can take various steps to relieve pain, such as heat and cold therapy, or pain relievers, making it easier for you to exercise and stay active. In addition to physical therapy, choose non-impact exercises such as bicycling, swimming or water exercise. Furthermore, research shows that even modest weight loss combined with exercise is more effective in decreasing pain and restoring function than either weight loss or exercise alone.

If you are suffering with arthritis pain, call us today and discover how we can relieve your pain, returning you to a more active, pain-free lifestyle!



www.tbtonline.com

RELIEVE KNEE PAIN IN MINUTES

Try this movement if you are experiencing knee pain.

KNEE EXTENSION STRETCH

While sitting, tighten your top thigh muscle to press the back of your knee downward towards the ground. Hold for 30 seconds.

Alternate knees and repeat 8 times.

Helps Knee Pain



REFER A FRIEND



**Do You Have Friends Or Family
Unable To Do The Following:**

Who Do You Know That Needs Our Help?

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

**Have Them Call Us Today! They will
thank you and so will we!**

910-893-2850

Patient Success Spotlights

"I feel like the darkness at the end of the tunnel is now shining with light."

"I came to TBTW to improve my posture and relieve my neck pain. I was in constant soreness in my neck and lower back all the time. My neck and shoulders were hunched forwards. I was very self-conscious of my appearance and my self-image. Since coming to TBTW for physical therapy my range of neck movement has increased. My shoulders are now pulled back when I stand. I have strength in my core stomach muscles and I've stretched most muscles. This has helped my pain, posture and positive self-image. I have truly enjoyed my interaction with all the staff. This therapy has instilled hope for a more pain-free future. Improving my posture has helped my self-image. It's given me hope. I feel like the darkness at the end of the tunnel is now shining with light." - D.D.

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, JUNE 9TH:
LOW BACK PAIN • 10AM
DRY NEEDLING • 1PM

SATURDAY JULY 21ST:
LOW BACK PAIN • 10AM
DRY NEEDLING • 1PM

CALL TODAY
910-893-2850



Total Body Therapy & Wellness

**2 The Square at Lillington,
Lillington, NC 27546**

Limited to first 25 to register. Each person to register will get a copy of Sara Morrison's book "Heal your Body, Live Your Life" about how to heal low back pain without medicine, shots or surgery.



This coupon good for



**FREE Physical Therapy
Consultation For You**

Mention or bring in
this coupon for a FREE
Consultation with one of our
physical therapy specialists!



This coupon good for



**FREE Physical Therapy
Consultation For A Friend**

Mention or bring in
this coupon for a FREE
Consultation with one of our
physical therapy specialists!



Offer valid for the first 25 people to schedule. Expires 6-28-18.

www.tbttwonline.com



A ONE DAY SPECIAL OFFER FOR ALL PRESENT AND PAST PATIENTS OF TOTAL BODY THERAPY & WELLNESS



This summer marks the 10th year Total Body Therapy & Wellness has been serving the great people of Lillington, NC. We want to do something special to celebrate! This is our BIG THANK YOU for allowing us to serve you. To thank you, our valued clients, we are having a day of completely Free Exams for:

- All past clients who have not been seen in PT in more than 3 months
- All present clients who have another problem currently not being treated
- All loved ones, family, friends, neighbors and co-workers of our past and present patients

If you are a past or present patient then **call 910-893-2850 to schedule your Free Exam.**

If you are referring a friend or family member, give them the certificate included in this letter and have them call 910-893-2850 to schedule their Free Exam.

The day of Free Exams will be on: Wednesday, July 18th

The Free Exam consists of a 20 minute one-on-one appointment with the Physical Therapist of your choice.

- The PT will talk with you about the history of your problem.
- They will take measurements to test how well you are moving and to test your strength.

After a thorough exam, they will give you a summary of:

- The cause of your pain or problem.
- A plan for successful treatment.



The appointments are free, but are limited.

Call 910-893-2850 now to schedule your Free Exam.

The Free Exam is ideal for people suffering with:

- | | | | |
|-------------------|-------------|-----------------|--------------------|
| • Lower Back Pain | • Sciatica | • Headaches | • Knee Pain |
| • Arthritis | • Neck Pain | • Shoulder Pain | • Problems Walking |

**Call 910-893-2850 to schedule your Free Exam for
Wednesday, July 18th 2018.**



**2 The Square at Lillington
Lillington, NC 27546
910-893-2850**

CERTIFICATE FOR A FREE EXAM ONE DAY ONLY Wednesday, July 18th

- For all past clients who have not been seen in PT in more than 3 months
- For all present clients who have another problem currently not being treated
- For all loved ones, family, friends, neighbors and co-workers of our past and present patients

YOU ARE INVITED TO OUR

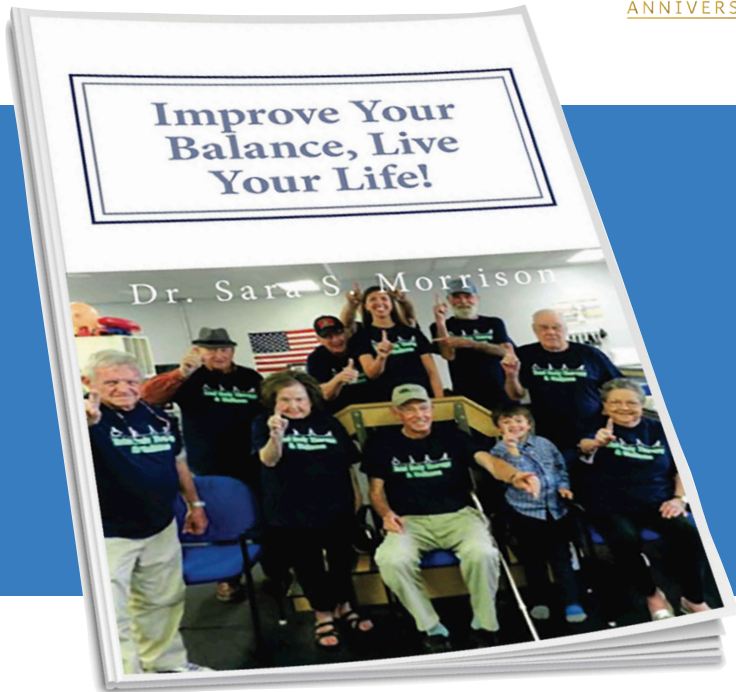
10th Year Anniversary Book Launch!

"Improve Your Balance, Live Your Life"

June 12th from 12:00pm-2:00pm

Open to previous patients, TBTW Family and The Community

10
YEARS
ANNIVERSARY



Total Body Therapy & Wellness

2 The Square at Lillington • Lillington, NC 27546

RSVP To 910-893-2850