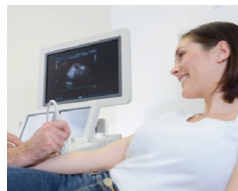


EXCITING TECHNOLOGY

RIGHT HERE AT TBTW

Exciting new technology is allowing TBTW to better serve our patients who are having pain, numbness, tingling, weakness, or a limited range of motion. Using state of the art diagnostic ultrasound equipment and our new electromyography tool, we can diagnose and treat a variety of nerve, joint and muscle issues here in our office by our own **Dr. Andrea Cahoon.** →



Electromyography:

- Measures a muscle's response to nerve stimulation
- Reveals nerve problems you cannot see with other diagnostic testing
- Can diagnose or rule out muscle or nerve problems that are causing pain, weakness, numbness, or tingling

Diagnostic Ultrasound:

- Is less expensive than an MRI
- Shows both muscle movement and blood flow to any area of the body
- Can show a muscle or joint as it moves
- Does not use radiation

What is Electromyography (EMG)?

For several years, neurologists have used electromyography to diagnose and rule out a variety of degenerative nerve conditions. Electrical probes were inserted into the skin providing feedback to a machine that would interpret muscle action as electrical impulses. Not only does an EMG reveal the way nerves communicate with muscles in your body, it also measures the muscle's response. This is especially helpful for people who are experiencing numbness, tingling, burning, or pain in different areas of their body. As if that wasn't enough, EMG can even be used to make physical therapy more effective.

A recent study by Chapman University has found that EMG is especially useful in physical therapy. People were asked to perform several exercises you typically do in physical therapy while therapists used traditional

evaluation and feedback techniques. The subjects were the asked to perform the same exercises while connected to the EMG machine. Instead of simply feeling a muscle contract, non-invasive EMG machines helped patients see a graph that represented the strength of their muscle contractions. Patients were able to get more out of their physical therapy sessions with the EMG than without it.

What is Diagnostic Ultrasound?

You know that sinking feeling in your stomach when you're told you need an MRI? Those days may be limited with our new diagnostic ultrasound technology. Where MRI's use radiation to get a stagnant picture of your body, diagnostic ultrasound can measure the muscles, tendons and blood flow of the area that is bothering you. Best of all, our physical therapists can watch the joint move during a diagnostic ultrasound. We can actually see what is going on underneath your skin that is causing pain, a limited range of motion or weakness. Now, instead of spending time inside of a tube and money on expensive diagnostic tests that may not tell us what we need to know, we can perform our own diagnostic ultrasound for a complete picture of what is happening in your body.

If you are experiencing pain of any kind or if you have a question about either of our new diagnostic testing tools, contact Total Body Therapy & Wellness to schedule your appointment today. Let us show you a better way to begin your journey to pain-free health and happiness.

NEWSLETTER

Live An Active Life Free Of Pain!

DON'T IGNORE YOUR ACHING BACK!

INSIDE:

- Getting to the Bottom of Back Pain
- Coupons

- Patient Success Spotlight
- Relieve Back Pain In Minutes



The back is one of the most vulnerable parts of the body. You rely on it so heavily — whether it is to shoulder your emotional stresses or to physically lift something that you need to carry with you. Your back is constantly at risk. It is at risk when you drive, being one of the body parts likely to take the biggest impact in case of an accident. It is at risk when you are safely at home on your couch or at the office, where you are likely slumped over and not caring one bit about your posture. It is at risk when you run, when you play sports, and even when you find yourself sick and are coughing so heavily that your back begins to hurt.

It is no wonder that so many people experience back injuries every year. What is a big wonder is that so many people choose to ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. The sight of blood leaving your body or the realization that a bone isn't sitting right is something that not many people are going to deal with for too long before seeking medical attention. Yet when pain begins in the back, it is almost normal to ignore it. Everyone develops back pain, time to time, right? There is no reason to stress about it or overreact, right? Absolutely wrong!

Understanding Back Pain

Back pain may be common, but it is absolutely not normal. There are actually a lot of serious conditions that can cause your back to begin to hurt, and it is smart to have your back looked at by a physician early on so that you know exactly what is going on with your body from the get-go.

Once the cause of your back pain is determined, your physical therapist will be able to identify the best treatment options for your body's needs. This will likely include the following:

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises are designed to help build strength and support the surrounding muscles.
- Guided stretching designed to improve range of motion and flexibility. This will take into account the health and vitality of vertebrae and any potential stretches that may support optimal back health.
- Support and guidance with an exercise routine and habit formation, especially with cardiovascular activity that can stimulate improved blood circulation to the affected areas of the back, as well as strength-building activities.

Attempting to undertake any of these changes on your own after you've experienced a back injury is both dangerous and not recommended. Working with a licensed and experienced physical therapist can provide you with the guidance and ongoing support that you need to ensure that you do not experience any further injury as you attempt to heal the cause of your back pain.

If you or someone you care about is suffering from back pain, give us a call today to find how treatment will target the exact source of the problem.

GETTING TO THE BOTTOM OF BACK PAIN

There are a lot of different reasons as to why you may be experiencing back pain, and ignoring any of them is not a good idea.

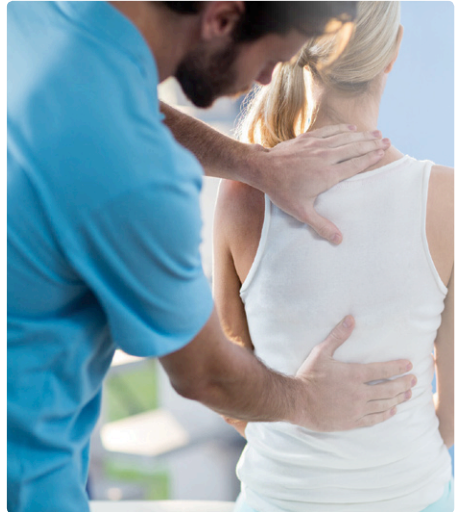
Some of the most common issues that cause back pain to linger include:

- Muscle sprain or strain
- Slipped vertebrae or disk
- Tear or hyperextension to the supporting muscles or tendons
- Arthritis

These concerns can develop as a result of a myriad of environmental issues, such as having poor posture, prolonged sedentary activity, car crash, sporting accident, stress, heavy lifting, and so on.

When it comes to back pain, Don't Wait!

When you experience an injury to your back, or realize that you are experiencing regular pain as a result of an ongoing injury or overuse, it is important to find out the cause of your back pain as quickly as possible. Back pain can quickly become chronic, as a potentially small issue can become complicated when it is not addressed early on. Working with a physical therapist can help you to identify the difference between environmental causes and something more medically based. **To get started with putting an end to your back pain, call us today.**





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!





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

Who Do You Know That Needs Our Help?

- | | |
|----------------------------------|--|
| ✓ Move without pain | ✓ Sit for long periods comfortably |
| ✓ Bend and move freely | ✓ Walk for long distances |
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Have Them Call Us Today! They will thank you and so will we!

Call 910-893-2850



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FREE Physical Therapy Consultation For A Friend

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



Patient Success Spotlight

"I will truly miss the exceptional staff here. I feel like part of a big "family!"

"I came to TBTW because I had left shoulder pain. Before PT I had difficulty using my left arm. Now, I can do just about everything and do normal everyday things that I couldn't do when I first came in. What blessing TBTW has been to me. I came not able to use my left arm and shoulder and now I'm leaving 100% healthy. I have not been a patient anywhere, where I have felt like the only person in the room, even though there were lots of people here. The individualized attention is fantastic. I will truly miss the exceptional staff here. I feel like part of a big "family!" I have and will continue to recommend TBTW to anyone who needs PT! You ALL rock!" - Pauline B."

RELIEVE LEG BACK IN MINUTES

Try this movement if you are experiencing back pain.

STRAIGHT LEG RAISE

While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground. Repeat 6 times on both sides.



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:

LOW BACK PAIN • 10AM

DRY NEEDLING • 1PM

CALL TODAY

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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 "Improve Your Balance, Live Your Life" about how improving your balance allows you to live the life you deserve.



www.tbtwonline.com

Why are we so excited about **LASER THERAPY?**

We've Seen It Work!

**DEEP TISSUE
LASER THERAPY**

lightforce[®]
therapy lasers



RELIEF FOR:

- **Back Pain**
- **Neck Pain**
- **Shoulder Pain**
- **Foot Pain**
- **Knee Pain**
- **Post Surgery**

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®

FREE LASER THERAPY CONSULTATION

**Current and past
patients schedule
your free laser therapy
consultation today!**

**CALL TODAY!
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Total Body Therapy & Wellness

Expires 9/21/18

Let's Talk About **LASER THERAPY**

DRUG FREE | NON-INVASIVE | PAIN RELIEF

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therapy lasers

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LASER THERAPY**



**ASK ABOUT
LASER THERAPY TODAY**



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910-893-2850**

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.