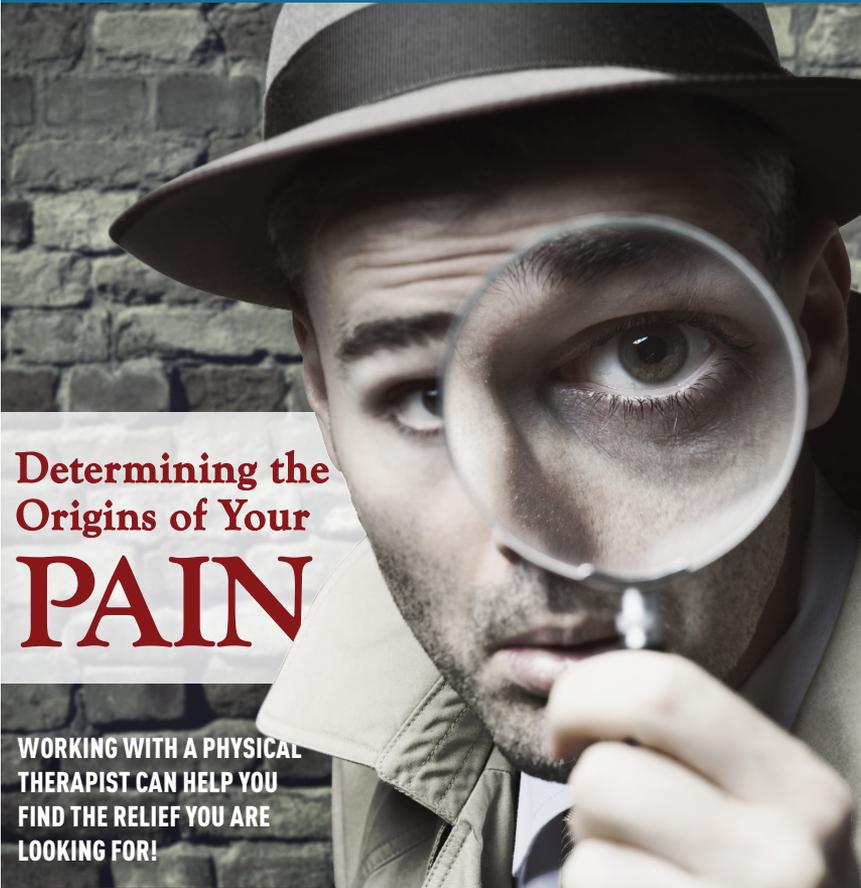


# NEWSLETTER



Determining the  
Origins of Your  
**PAIN**

WORKING WITH A PHYSICAL  
THERAPIST CAN HELP YOU  
FIND THE RELIEF YOU ARE  
LOOKING FOR!

**INSIDE:**

- 6 TIPS TO BECOME A BETTER HIKER
- EXERCISE OF THE MONTH
- GRILLED CHICKEN CAPRESSES



# NEWSLETTER

## Determining the Origins of Your PAIN

**Working With A Physical Therapist Can Help  
You Find The Relief You Are Looking For!**

Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physical therapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall health. Pain in your arm or leg may sometimes have little or nothing to do with an actual issue in your arm or leg. Physical therapists are specialists in identifying the causes of pain.

A physical therapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for.

### **UNDERSTANDING YOUR PAIN**

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations in which pain develops, and the cause of the pain is unclear. No

matter what the scenario is, your physical therapist can help you.

When you meet with a physical therapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your therapist will likely want to know:

- How long you've been experiencing your symptoms
- Where it developed and where it is currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our physical therapists will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.

*Continued inside.*

[www.hopt-wellness.com](http://www.hopt-wellness.com)

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY  
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

# 6 TIPS TO BECOME A BETTER HIKER

**1. Just do it!** Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

**2. Take time to enjoy the view.** Hiking is all about being active but don't rush through your journey without stopping to take it all in! Nature is a truly magical thing; it can relieve stress, calm the noise in one's mind, and remind us all of the infinite beauty of the outdoors.

**3. Know your surroundings and use the buddy system.** Don't jump into a hike without having a plan. Tell others where you're going and don't deviate from your route. Sign in at all registration points and map out your trip ahead of time.

## 4. Don't push yourself past your limits.

Challenging yourself is great but when it comes to hiking, slow and steady wins the race. The outdoors (especially when alone) is not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail, and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

## 5. Get an early start and plan your time wisely.

When it comes to hiking, you never really know what could happen. A trail could be blocked off or weather could influence the accessibility of a certain area. By starting your trek early, you will ensure that you reach your goal by a reasonable hour and get back to your starting point before nightfall. Having a plan will make your hike safe and enjoyable.

## 6. Learn to hike without electronics.

Technology is an awesome thing, but we should not rely on it exclusively. Losing service, a dead battery, or an accidental break may leave you helpless and literally lost. Learning how to use compasses, maps, and trail markers will give you resources that are always reliable.

Source: <https://www.adironack.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>



# DETERMINING THE ORIGINS OF YOUR PAIN

*Continued from previous page.*

## HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach also allows the therapists to outline your path in a predictable way.

The main emphasis of physical therapy is education about the likely source of your pain and instruction on effective techniques for relief. Our goals include:

- Reduce pain quickly through targeted movements/stretchers
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

We focus on doing what helps you feel better and move better!

## CALL AND MAKE AN APPOINTMENT TODAY

Our physical therapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call Hands On Physical Therapy today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!



**H O** Hands On  
**P T** Physical Therapy

[www.hopt-wellness.com](http://www.hopt-wellness.com)

Cary      Fuquay-Varina      Zebulon  
919-851-0711    919-557-2111    919-269-0107

# EXERCISE OF THE MONTH

This exercise helps relieve lower back pain.

## SINGLE KNEE TO CHEST STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Hold for 20 seconds and repeat on each leg.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.



## PATIENT SUCCESS SPOTLIGHT



"Was looking for a place for PT due to an injury. Read the reviews on this place and decided to give it a shot. I was not disappointed with my decision. Super friendly staff, clean facilities, they genuinely care about you getting better and doing whatever it takes to get you there. Highly recommend them! – Lynwood C.

## HEALTHY RECIPE

### GRILLED CHICKEN CAPRESSES



#### INGREDIENTS

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

**INSTRUCTIONS:** Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.



Thank you!

[www.hopt-wellness.com](http://www.hopt-wellness.com)

## COUPON CORNER!

### FREE PAIN CONSULTATION



WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

Cary 919-851-0711 Fuquay-Varina 919-557-2111 Zebulon 919-269-0107

Call to schedule. Expires 7/30/2022

## COME BACK TO PT

Suffering from aches and pains? Call one of our locations or visit [hopt-wellness.com](http://hopt-wellness.com) to schedule an appointment and get relief today!



[www.hopt-wellness.com](http://www.hopt-wellness.com)