

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

DETERMINING THE ORIGIN OF YOUR PAIN

ALSO INSIDE

4 THINGS YOU MAY WANT TO CONSIDER
BEFORE HEADING INTO PHYSICAL THERAPY

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DETERMINING THE ORIGIN OF YOUR PAIN

Oftentimes, a pain develops and you can immediately identify the cause. A new pair of shoes may cause a sharp pain in your heel, or an old chair at work may cause your back to grow sore and uncomfortable as time goes on. But there are other situations in which pain develops, and the cause of the pain is unclear.

Different types of bodily pain can tell you different things about your body and overall bodily health. Sometimes, a pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are like well-trained detectives when it comes to identifying the causes of pain. A doctor of physical therapy knows the way that the nervous system works, making 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, your back, your neck or anywhere else in your body, working with a doctor of physical therapy can help you find the relief you are looking for. Physical therapists are

trained in identifying and treating the cause of your pain, giving you the opportunity to shift away from the ongoing use of pain medication and instead find relief from your pain with a series of strategies that include stretching, muscle building and flexibility training.

Understanding Your Pain

When you meet with a doctor of physical therapy to understand where your pain may be coming from, one of the first things you'll do is have a conversation about your pain. How long you've been experiencing pain, where it developed and how the pain manifests itself are all very important distinctions that can help shed some light on what may be causing your discomfort.

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit www.ahpccpt.com.

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

4 THINGS YOU MAY WANT TO CONSIDER BEFORE HEADING INTO PHYSICAL THERAPY

1. Consider exactly where the pain occurs in your body, and research what the different parts of the body are called so that you can have an accurate and helpful conversation about your pain. For example, back pain has a lot of different differentiations, and lumbar pain (which is in the lower back) is frequently caused by factors different from what would cause upper-back or neck pain.
2. How does the pain feel when it develops? Is it a lingering ache? Is it a sharp stab? Is it more of a tingling feeling? Each of these sensations are actually associated with different types of problems, so describing your pain appropriately may be helpful in determining the best treatment methods for your body's needs.
3. What do you think may be causing the pain? Of course, it happens that a pain will develop, and you are dumbfounded as to why, but more often than not, there is something that you think could be influencing it. If the pain started around the same time as a change in environment or life circumstances, then it is worth telling your doctor of physical therapy about the association.
4. Another thing to consider about your pain is whether or not it develops at particular times of the day or year. There are plenty of situations when someone begins to experience pain when the weather starts to change, and it turns out that the pain is a result of arthritis and inflammation. There are other situations in which the pain will develop as a result of prolonged sitting or the opposite — such as when things get crazy at home or at work, and you find that you are not getting as much sleep as usual. Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain.

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the smart thing to do when pain develops is to speak with a doctor of physical therapy. Working with a doctor of physical therapy 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. **For more information about physical therapy for overcoming bodily pain, contact us.**



Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

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

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



TURKEY APPLE CHEDDAR SANDWICH

- 2 slices whole-wheat sandwich bread
- 2 oz low-sodium deli turkey
- 1 oz sliced Cheddar cheese
- 1 tbsp mayonnaise
- 4 to 6 thin apple slices

Spread mayonnaise on both slices of bread. Top with turkey, Cheddar and apple.

BEING GRATEFUL IS GOOD FOR YOU!

Gratitude And Health

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude. Research shows that people with optimistic attitudes have better outcomes after medical procedures.



Gratitude And Joy

Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life." Consider the last time you had a good cup of coffee—did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

Gratitude And Resilience

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Thankfulness for the small blessings helps you maintain your humanity despite experiencing a tragedy or loss. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

Recent MRI studies have mapped the gratitude circuitry in the brain, which activates a sense of reward, fairness, and decision-making—all aspects that help facilitate survival and post-traumatic growth.



PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT, CEO/Director of
Atlanta Human Performance Center

7 Ways to Fall Into Fitness

1. When exercising, always warm-up and cool-down.
2. Wear appropriate attire and proper shoes for exercise and the environment.
3. Gradually progress.
4. Initially avoid hills and uneven surfaces.
5. Exercise for time and not distance.
6. Incorporate light to moderate resistance training two times a week.
7. When eating, practice proper portion control.

*Watch for more details to follow in future newsletters.

OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

OUR PATIENTS LOVE US!

"The Atlanta Human Performance Center has been an awesome asset in the recovery from my total right knee replacement surgery! This facility came highly recommended by my in home physical therapist after my surgeon gave me a list with over 50 facilities to choose from. They even allow my aunt to work out for free in there fitness center while she waits for me to finish my PT sessions!"

- 5 Star Google Review

Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



www.ahpct.com