

# DETERMINING THE ORIGIN OF YOUR PAIN





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Sometimes it happens when a pain develops that 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 physical therapist 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 physical therapist 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 physical therapist 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.

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.



# Get Your Health Back on Track With Physical Therapy

## It's National Physical Therapy Month; Are YOU In Tune with Your Health?

Happy October! Now that fall is here, it's time to crack out the knives for pumpkin carving and put out bowls of candy for trick-or-treaters! Did you know that October is also National Physical Therapy Month? It's true! Elliott Physical Therapy wants to make sure that our patients have a reliable source to learn more about the many benefits of physical therapy.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that make everyday activities way harder than they should be. Elliott Physical Therapy provides high-quality rehabilitation services, and we encourage you to reach out to us if you or a loved one is in need of physical therapy!

Take a break from planning out your scary costume this year and contact us to learn why physical therapy is a great option for pain relief from chronic conditions and injuries.



## TASTY RECIPE: TURKEY PUMPKIN CHILI

### INGREDIENTS

- 2 cup chicken broth
- 1 can pumpkin purée
- 1 1/2 tsp ground cumin
- 3/4 tsp chili powder
- 1/2 tsp cinnamon
- 1 tsp cayenne pepper
- 1 lb ground turkey
- 1 large onion
- 2 cloves garlic
- 2 cans green chiles
- 2 cans white beans
- sour cream
- shredded cheese (try sharp cheddar for an extra bite)
- sliced radishes
- fresh cilantro leaves

**DIRECTIONS:** In a 5-to-6 quart slow cooker, whisk together chicken broth, pumpkin purée, ground cumin, chili powder, cinnamon, and cayenne pepper. Add ground turkey, separated, and mix to combine.

Fold in the onion, garlic cloves, green chiles, and white beans, and cook, covered, until the turkey is cooked through, 4 to 5 hours on high or 6 to 7 hours on low. Serve with sour cream, shredded cheese, radishes, and cilantro, if desired.

*Courtesy of: [goodhousekeeping.com/food-recipes/a14898/slow-cooker-turkey-pumpkin-chili-recipe-wdy0115](http://goodhousekeeping.com/food-recipes/a14898/slow-cooker-turkey-pumpkin-chili-recipe-wdy0115)*

## EXERCISE ESSENTIALS

Helps to strengthen your pelvic floor muscles.

### PELVIC TILT ON FLOOR

Lay on the floor with your knees bent and facing the ceiling. Slowly and gradually tilt your pelvis muscles forwards then backwards making a small circle with your hips. Keep your core engaged. Repeat 10 times.



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

# elliott

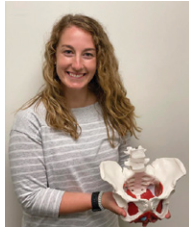
PHYSICAL THERAPY

# What is Women's Health PT?

Women's health PT focuses on the muscles of the pelvic floor and education about them to treat a variety of different conditions. It is common that women are referred to pelvic floor PT after having a baby to improve the control of muscles and recover fully.

## What to expect on your first visit

Brittany will sit down with you in a private room and fully discuss your concerns, dysfunction, and pain. The first visit focuses on giving you information about your condition and how best to manage your symptoms including some activities to focus on at home. If an internal exam is warranted then Brittany will discuss and schedule with you.



Brittany Witherell PT, DPT

## What diagnoses can Women's Health PT treat?

- Urge/stress incontinence
- Scar pain
- Bowel/bladder concerns
- Pre/post partum
- Weak/tight pelvic floor muscle
- Endometriosis
- Chronic/acute pelvic pain
- Vaginismus
- Diastasis recti
- MORE!

## What are the functions of the pelvic floor?

1. Support and lift the pelvic and abdominal organs
2. Aid in stabilization of your pelvis
3. Maintain sphincteric function, urinary function, and fecal continence
4. Sexual function

# Milton Road Race

We had our first in-person road race this month!



UNSURE IF PHYSICAL THERAPY IS FOR YOU?

**FREE TELEHEALTH OR  
IN-CLINIC CONSULTATION**

Schedule your FREE telehealth or In-clinic consultation with a physical therapist by calling us and mentioning this coupon!

### WE CAN HELP YOU:

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

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PHYSICAL THERAPY

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