

How Physical Therapy Can Help You Alleviate Chronic Pain



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How Physical Therapy Can Help You Alleviate Chronic Pain

Have you been living with chronic pain? Are you willing to do what it takes to feel good again?

At Choice Therapy, our physical therapist uses the most advanced strategies to help you manage your pain and, for some, eliminate it altogether!

September is Pain Awareness Month, and in honor of this, Choice Therapy would like to provide you with some vital information regarding the origins of pain and how physical therapy can help manage and alleviate it.

Pain is very complex. Gone are the days when ignoring or pushing through your pain was the best solution. Fortunately, our team understands the complexity of pain and, more importantly, how to alleviate it once and for all! Pain happens for several reasons and manifests in different ways.

Understanding the source of your pain is one of the first steps to combat it and prevent it from returning in the future. Our clinic specializes in treating people from all backgrounds and experiences with pain. We are trained professionals who will have you feeling your best in no time at all.

If you're experiencing discomfort or have noticed that your ability to do your usual activities has dwindled, it's time to call in our team of physical therapists from Choice Therapy.

UNDERSTANDING THE SOURCE OF YOUR PAIN

How long you've been experiencing pain, where it developed, and how it manifests are significant distinctions that can help shed some light on what may be causing your condition. It is also essential to understand that the intensity of your pain is not always the more reliable characteristic for finding relief.

Too often, people focus only on the intensity of their pain which is influenced by stress levels and societal or familial beliefs. The location and duration of pain are effective, reliable ways to manage and alleviate your pain once and for all.

When you meet with a Choice Therapy physical therapist, you'll have a



conversation about your pain to determine how it started, when it began, where it began and how it behaves (i.e., what makes it better or worse).

There are also some things to consider before heading into physical therapy:

- Try to remember or identify precisely where the pain occurs in your body. Pain that is localized can be easier to identify the possible tissue that is causing it. When pain is more diffuse, it can be trickier to figure out what is causing it.
- Consider how the pain feels. Is it a steady ache or sharp and intermittent? Is it more of a tingling or prickly feeling? Each sensation is associated with different types of problems, so describing your pain appropriately may help determine the best treatment methods for your body's needs.
- Does it get worse with activity or inactivity? For some people, there are specific movements that cause pain. For others, the issue is due to the quantity of accumulation of activity and not a specific event. One of the most common misunderstandings is that pain needs something to worsen, but in reality, many people get worse from a prolonged position or improper posture.

No matter what, our physical therapists can help! We are experts and weeding through the possibilities and clarifying what is causing the pain. Our goal is to help you resolve it once and for all!

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How Physical Therapy Can Help

Our bodies sustain injuries and experience pain no matter how careful we are. Too often, people wait too long to seek help, which can make the situation more complicated and lead to chronic pain. Chronic pain is pain that persists past normal healing time and lasts or recurs for more than 3 to 6 months.

Although most people think of chronic pain as a continuous problem, most of the time, it is cyclic in nature. Typically an individual will have an episode of pain that gets better only to be followed by a recurrence, followed by yet another recurrence.

As time goes on, the frequency and duration of the pain get longer, whereas the periods where it is less problematic grow shorter.

Seeking help from the physical therapists at Choice Therapy can make all the difference. Identifying the underlying cause of your pain and figuring out the possible triggering events can lead to a reversal of the condition and eventual relief.

HOW PHYSICAL THERAPY CAN HELP

Physical therapists are trained in identifying and treating the cause of your pain. This allows you to shift away from using pain medication and instead find relief with strategies that include manual therapy, stretching, muscle building, and cognitive behavioral therapy.



Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain. Our therapists will work with you to identify solutions that fit your lifestyle and offer lasting results. The combination of physical therapy with psychological approaches has been shown to be the most effective way to improve physical function and resolve chronic pain struggles.

Our clinic uses several manual therapy techniques that focus on the areas you're experiencing pain or movement restrictions. When the reason for your pain is determined, we assist you through movement to regain optimal function in each joint, muscle, or other tissue causing the pain.

Our physical therapist is as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

REQUEST AN APPOINTMENT WITH US TODAY

The result of physical therapy at Choice Therapy is that you can live the active life you want, free of painful limitations.

Sources:

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www.choicetherapy1.com

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The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals. You have the right to choose your therapy provider. We want to be YOUR CHOICE.

Ask for Choice Therapy. Call today to schedule your appointment! (218) 377-7341



STAFF SPOTLIGHT | NATHAN MERTENS

Nathan was born and raised in Devils Lake, North Dakota. He attended Minot State University to receive his undergraduate credentials and went on to obtain his Doctorate of Physical Therapy at the University of North Dakota in 2020. He enjoys working in all settings and enjoys the variety of patients physical therapy has to offer, with a special interest in orthopedics and sports medicine.

Between Sports Medicine and his free time Nathan is certified in Foundations of Orthopedic Rehab and Sports Performance Dry Needling. He has the ability to treat a wide variety of Orthopedic and Sports Related conditions.

In his free time, he enjoys activities on the lakes, golfing, biking and skiing in the winter months.

www.ChoiceTherapy1.com

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The Choice Therapy team celebrating Christmas in July!

5 Ways To Invest In Your Health Today

1. Make Sure To Eat Healthy.

Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

2. Exercise Regularly.

We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

3. Get To Sleep At A Decent Hour.

Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim

red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."

4. Have A Primary Care Physician.

Shockingly enough, many people do not have primary care physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

5. Pay Attention To Your Mental State Of Being.

Being healthy is about more than just your physical state. Your mental and emotional wellbeing are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.

Source: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>



What Is Dry Needling?

Dry needling is a safe and effective method of treatment provided at Choice Therapy to reduce pain and muscle tension, while simultaneously improving mobility. It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

WHY SHOULD I CHOOSE DRY NEEDLING?

There is a large variety of musculoskeletal issues that can be treated with this. When paired with our traditional exercise-based physical therapy treatments and advanced manual therapy techniques, we have found that the vast majority of our patients achieved the pain-free goals they were aiming towards.

WILL DRY NEEDLING HURT ME?

Most of our patients report feeling little to no discomfort when undergoing dry needling treatments. Our highly-trained therapists know how to make the process as painless as possible; however, some patients may still experience a "twitch response" with the insertion of the needle.

If you are in Minnesota looking for relief, or if you'd like to gain more information on how dry needling could benefit you, **request an appointment** or free screening at Choice Therapy today!

Use PT to your advantage. Schedule your appointment today!

www.ChoiceTherapy1.com