

NEWSLETTER

AGILITY PHYSICAL THERAPY *Experience the Difference*



HOW WE 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 Agility Physical 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, Agility Physical 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 Agility Physical Therapy.

**WORLD PHYSICAL THERAPY DAY IS SEPT 8TH
CELEBRATE BY COMING BACK TO PT!**

[IMPROVEMYAGILITY.COM](https://www.improvemyagility.com)

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 an Agility Physical 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!

WHAT IS CHRONIC PAIN?

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 Agility Physical 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.

REQUEST AN APPOINTMENT TODAY

The result of physical therapy at Agility Physical Therapy is that you can live the active life you want, free of painful limitations. Call our office today and set up an appointment with one of our specialists!

Sources: <https://www.tandfonline.com/doi/abs/10.1080/09593985.2019.1633714> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4450869/> • <https://academic.oup.com/ptj/article/98/5/315/4925492?login=true> • <https://www.tandfonline.com/doi/abs/10.1080/10833196.2018.1483550>

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SCAN ME

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**FREE PAIN AWARENESS
MONTH CHECK-UP**

VENICE: (941) 484-8107

SOUTHBRIDGE: (941) 244-2410

AGILITY
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**START OFF THE SEASON RIGHT BY
SCHEDULING A FREE 20 MINUTE
TELEHEALTH APPOINTMENT**

Offer valid for the first 25 people to schedule. Expires 09-31-22

Community Collection

This quarter we are collecting back to school supplies for local Venice schools. All donations can be delivered to either Agility location for the months of July, August, and September. Any supplies for students, teachers, and classrooms is greatly appreciated!

Patient Success Spotlight

"Sean, Dave, Corey, Debbie, and Sean To each of you I thank you so very much. My journey to wellness has been made easier by all of you. Your kindness, patience, caring, and positive reinforcement has brought me to a healthy place both physically and mentally. You have no idea how much each of you has made a difference. The welcoming feeling of your shop puts one at ease."

– Warmly, Jan

Corey's Chimichangas

Ingredients

- 1 c water
- 2 lbs ground beef
- 2 1/2 oz package of taco seasoning
- 1 c salsa
- 1 3/4 c taco sauce
- 16 oz refried beans
- 1/2 lb shredded cheddar & jack cheese
- 24 oz bottle vegetable oil
- 8-10 large tortilla shells

Instructions: On medium high, brown 2 pounds ground beef. Strain. Add taco mix and 1 cup water to beef. Stir mixture and beef and continue to cook until beef is coated evenly and most of water has evaporated. Add 1 cup salsa and stir. Set aside to cool. Heat refried beans. Lay out tortilla shells. Place 1/2 cup of ground beef mix just below center of shell and add 1 tablespoon of refried beans. Fold the bottom of the shell over the beef and beans and pull back gently to make a tight roll. Fold the sides in about 1-1 1/2". Roll the rest of the way to the top. Continue to roll the rest of the shells this way. In a large skillet, heat about 1/2"-3/4" of oil. When oil is heated (about 350 degrees) place tortilla roll in heated oil (folded side down) and cook until golden brown. Remove from oil and set on a plate covered with paper towels. Allow the excess oil to drain and salt if desired. Place on a cookie sheet and top with taco sauce and cheese. Place in oven and cook at 350 degrees until cheese is melted. Serve with Spanish rice.

Staff Spotlight



COREY VETS

Corey is a Sarasota native who served over 4yrs in the U.S. Navy. He attended Keiser University and graduated with his physical therapist assistant degree in 2017. Corey has extensive medical experience previously to becoming a PTA working as emergency room technician for over 6yrs. He has two children and enjoys fishing and skateboarding with them during his free time.

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment today!

How PT 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!

CALL TODAY! 941-484-8107