



DETERMINING THE ORIGINS OF YOUR PAIN





MALVERN

PHYSICAL THERAPY



NEWSLETTER



DETERMINING THE ORIGINS OF YOUR PAIN

Are you tired of dealing with pain day in and day out? Have you been struggling with persistent pain for months or even years, and it's taking a bigger and bigger toll on your life? For some people with pain, the simplest tasks are now major challenges, and over-the-counter and/or prescription pain meds don't seem to provide any relief. Unfortunately, this is a common experience for millions of Americans. Recent research has found that over 100 million people suffer from persistent pain each year. This is where Malvern Physical Therapy steps in.

At Malvern Physical Therapy, we understand that pain comes in various forms, affecting people in unique ways. We're committed to staying at the forefront of the latest advancements in pain management, ensuring that our patients receive the best care possible.

We know that pain can be overwhelming, but we're here to remind you that there is hope!

UNDERSTANDING DIFFERENT TYPES OF PAIN

Pain is a complex sensation, and it can be categorized into five main types, each with its own characteristics and underlying mechanisms. Here's an explanation of these types:

- **Nociceptive Pain:** This type of pain results from the stimulation of specialized nerve sensors called nociceptors. Nociceptive pain is often described as sharp, aching, or throbbing and is typically localized. It

can be acute, like when you accidentally bump your knee, or chronic, as seen in conditions like arthritis.

- **Central Pain:** Central pain arises from dysfunctions within the central nervous system (i.e., the brain and spinal cord). Central pain starts inside the central nervous system itself. Examples include fibromyalgia and pain associated with spinal cord injuries.
- **Neuropathic Pain:** This pain type is caused by nerve damage or dysfunction. It may manifest as burning, tingling, or shooting sensations. It is typically associated with conditions like diabetic neuropathy or nerve injuries (i.e., sciatica).
- **Psychosocial Pain:** Psychosocial pain involves mental and/or social factors influencing pain perception. Stress, anxiety, depression, and social support (or lack thereof) can significantly influence how pain is experienced. It is not directly tied to tissue damage but is due to mental and emotional states.
- **Movement System Pain:** This pain is directly related to the biomechanics of movement, such as issues with joint positions or control and/or muscle imbalances. Physical therapists often work with this type of pain, prescribing targeted exercises to correct movement dysfunctions contributing to the discomfort.

Regardless of the type of pain you're dealing with, our therapists will work with you to identify and target the sources of your pain. We'll use gentle techniques and exercises to address these issues and help you find relief.



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FINDING RELIEF FROM PAIN WITH PHYSICAL THERAPY

When you come to a physical therapy session at Malvern Physical Therapy, you're taking a significant step towards finding relief from pain and improving your overall well-being. Your first session will typically begin with questions about your medical history, the specific nature of your pain, its location, and any factors that make it better or worse.

After discussing your medical history, your therapists will evaluate your posture, muscle strength, range of motion, and any areas of tenderness. They'll also assess your movement patterns to identify any abnormalities or dysfunctions.

Based on the information gathered during the evaluation, your physical therapist will work to identify the underlying issue causing your pain. This may involve determining the type of pain (e.g., nociceptive, neuropathic, or movement system-related) and its primary sources.

Once your therapist has a clear understanding of your condition, they will create a personalized treatment plan tailored to your needs. Our treatments may include manual therapy techniques to release tension and improve joint mobility. Exercises are another crucial component, tailored to your specific needs and designed to correct any movement dysfunctions. Education plays a vital role in empowering you with the knowledge and tools to manage your pain effectively.

Patients are often fearful of making their condition worse. As a result, they often either do nothing or get so frustrated they ignore clear warning signs and push through. In either case, the result is more suffering. The key is

to find a balance in the middle, where you do just enough to improve but not enough to make it worse.

At Malvern Physical Therapy our therapists will help you find that balance, guiding you through the steps you need to take to feel good again!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6256939/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6203285/> • <https://www.jospt.org/doi/10.2519/jospt.2016.0602> • https://www.researchgate.net/publication/335681194_Pain_Theory • <https://www.ncbi.nlm.nih.gov/books/NBK545194/>



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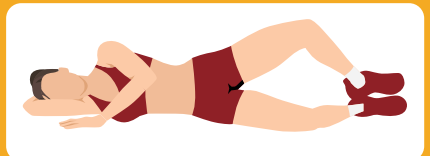
SHRIMP FOIL PACKET WITH SUMMER VEGGIES

Ingredients:

- 1 lb shrimp, tail-on, peeled and deveined
- 1/2 red bell pepper, cut into chunks
- 1/2 green bell pepper, cut into chunks
- 1 small zucchini, cut into chunks
- 1 small yellow squash, cut into chunks
- 1.5 cups corn kernels
- 1/2 small red onion, cut into chunks
- 3 garlic cloves, finely chopped
- 3 Tbsp extra virgin olive oil
- 1.5 tsp dried thyme
- 1.5 tsp dried oregano
- 1.5 tsp paprika
- 1 tsp salt
- 1/2 tsp pepper
- 2 Tbsp fresh parsley, for garnish
- lemon wedges, for garnish

Directions: Preheat grill over medium-high heat to 425 degrees. Mix all the veggies and shrimp along with all the seasonings and finely chopped garlic in a bowl. Cover generously with extra virgin olive oil. Toss everything well so all the seasonings are well spread. Keep it in refrigerator for few hours if you have time to season it nicely. Cut 4 sheets of foil into pieces measuring 12 by 15-inches. Divide the shrimp and veggies mixture equally among the 4 aluminum foil pieces, placing it to the center in a rectangular shape. Lift and bring together the two long edges. Roll the two edges together tightly several times, creating a good seal. Roll the remaining short edges up a few times to seal. Grill until shrimp is cooked through, about 12 - 14 minutes. Start with the wrapped side down, then flip the packets over halfway through grilling. Be careful opening the foil packets, as hot steam will escape. Garnish with parsley and serve with big lemon wedges.

EXERCISE ESSENTIALS CLAMSHELL



Lie on one side with your knees slightly bent and your head resting on your bottom arm. You can press your top arm into the ground in front of you for support. Engage your core to help with stability. Keeping the feet together, gently lift your top knee so that your bent legs resemble the open mouth of a clam. Keep your torso still so you don't roll backward. Hold for 5-10 seconds, then lower slowly. Complete as many clamshells as you'd like, but don't forget to roll over and do the other side, too!

If you have any questions, please consult with a healthcare provider before starting.

CALL 501.359.5948 TODAY

PATIENT SUCCESS SPOTLIGHT



"This place is nothing short of amazing in every way. From helping me to understand my injury to showing me how to resolve the problem. They were all so professional, yet very friendly." — **M.M.**

IF YOU NEED TO HAVE THERAPY:

1. **CHOOSE** Physical Therapy
2. **GO** to all prescribed therapy appointments!

STRETCH YOUR MIND

6				5	9	4		
		3			1			
7			6				2	5
	1			7	8			2
		7		1		3		
8			9	4				6
5	8				3			7
			1			2		
		9	8	2				4

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STAFF SPOTLIGHT



ASHTON HILL
PT | Sheridan

Ashton is a current resident of Sheridan. She graduated from UCA in 2023 and joined our team in August of 2023. She has an amazing family, with a brand new little nephew. Ashton loves spending time outside, hunting, fishing and just spending time with her family. One day she would love to go sky diving! She is a current member of First Landmark Baptist Church, where she loves getting to fellowship with her church family. Ashton loves being a Physical Therapist.

HER FAVORITE PART OF HER JOB:

"Getting to help people feel better and meet their goals is one of the most rewarding opportunities."



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