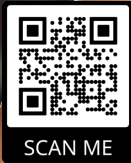




WE'RE CELEBRATING  
**NATIONAL THERAPY MONTH**

[www.TherapyWestPT.com](http://www.TherapyWestPT.com)



Has your pain come back? We would love to help!  
Give us a call or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) today!

# National Therapy Month

October is fast approaching, and with it comes its share of official “national day” designations, including whimsical days like “National Pumpkin Seed Day.” But did you know that the entire month has been dedicated to National Physical Therapy Month? So, as the leaves are turning and you’re working on your jack-o-lanterns, take the time to learn more about the many benefits of physical therapy.

## What Is National Physical Therapy Month All About?

For almost 40 years, physical therapy has been celebrated by official proclamation. And since 1992, October is the month for honoring physical therapists and the important role they play in healing people in pain. In the modern era of social media, hashtags like #UsePhysicalTherapy and #ChoosePT have helped spread the word.

Physical Therapy Month allows patients to share their stories about how PT has changed their lives for the better. It also gives physical therapists a forum for spreading the word about the different kinds of treatment patients can receive. Many members of the general public don’t realize that aside from specialized exercises that build strength and flexibility, PT also offers pain management through massage, heat and cold applications, and specialized electronic-pulse devices.



## What Symptoms and Conditions Does PT Help?

Physical therapy tends to be associated with sports injuries, along with chronic problems such as back pain, surgery recovery, and balance issues. Yet, you may not realize the range of problems which physical therapy can help -- both for pain management and to help ease other symptoms.

Do you have hand pain and stiffness? Physical therapists treat hand and wrist conditions ranging from carpal tunnel to “trigger finger.” Tennis elbow and rotator cuff injuries can also be aided through PT.

Among other conditions the general public may not associate with physical therapy are pelvic floor dysfunction, TMJ, cardiopulmonary disease, Parkinson’s, and traumatic brain injuries.

[Book An Appointment Today!](#)

# Why #ChoosePT?

In recent years, National Physical Therapy Month has also focused on the alternative PT offers over opioids. With opioid abuse at an all-time high -- and tragic overdoses on the rise -- alternatives to this class of prescription medication are even more important. The National Centers for Disease Control (CDC) estimates that opioid prescriptions have quadrupled in recent years. Yet, the number of people reporting chronic pain has not gone down.

Of course, many people who have conditions like back injuries or arthritis already understand that physical therapy can increase their range-of-motion. But aside from adding flexibility, physical therapy is a viable way to reduce acute and chronic pain.

Prescriptions certainly have a valid place in pain management, and it's true that physical therapy isn't right for every patient. So how can you tell if physical therapy is a better choice than prescription opioids? **The CDC suggests that if you fall into any of these categories, physical therapy can be beneficial:**

- Pain comes from fibromyalgia, low back pain, knee arthritis or hip arthritis. These conditions in particular are known for responding well to physical therapy when it comes to pain management.
- The pain has lasted more than 90 days, meaning that it has gone from "acute" to "chronic."
- The benefits of prescription opioids don't outweigh their risks. In the early days after an injury or an operation, painkillers help

patients function without crippling pain. But with each day that passes, the risks opioids pose outweigh the rewards.

- If you've become afraid of the pain. Obviously, nobody welcomes physical discomfort. But some people become overly dependent on a pill's ability to remove all aches and twinges. In physical therapy, pain is a way to determine exactly what needs to be worked on, in order to reduce discomfort down the road.

Does an official month really matter, given that physical therapists are out there making a difference every day? In many ways, yes! If you or a loved one has been on the fence about giving PT a chance, the many stories you're likely to hear during this month of public awareness may help you to decide. **If you have any questions about whether you should #UsePhysicalTherapy, call our office today to discuss your condition and to set up an evaluation.**

Sources

<https://www.moveforwardpt.com/ChoosePT/Toolkit>

<https://www.moveforwardpt.com/choose-physical-therapy-over-opioids-for-pain-management-choosept>

<https://www.moveforwardpt.com/Resources/Detail/physical-therapy-vs-opioids-when-to-choose-physical>

<https://www.medicalnewstoday.com/articles/160645.php>

<https://nationaldaycalendar.com/national-physical-therapy-month-october/>



If you are struggling with pain, see our website for additional information on your condition by scanning the QR code or by visiting [www.TherapyWestPT.com](http://www.TherapyWestPT.com)

## Staff Spotlight

### Cory Raisor, PTA

Cory Raisor was born in Granger, Utah and raised in West Valley City and Magna, Utah. He graduated from Cyprus High School in 1995. In 1999 he married his forever love, Crystal Raisor. They have six kids: Charity, Kaylie, Michael, Kennedy, Robert, and Lucas.

He has performed physical therapy for nearly 14 years. Most recently he was a director of rehab in a skilled nursing facility in Texas.

He loves his church, family, woodworking, sports, work and fishing.

He is excited to serve the people of Utah again.

## Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

**Gunnison**

435.528.7575

**Ephraim**

435.283.6334

**Mount Pleasant**

435.462.0178

**Richfield**

435.896.4282

**Bicknell**

435.425.3719



# Backpack Strategies for Parents and Students

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

## Loading The Backpack

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.



## Wearing The Backpack

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
  - Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
  - The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
  - School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.
- Only put items in your backpack that you need for the day.

## Exercise of the Month Sidelying Trunk Rotation



While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



## Redeem Your Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer! Spots are limited so call today to schedule your free consultation!

*Offer Expires: 11/30/21*