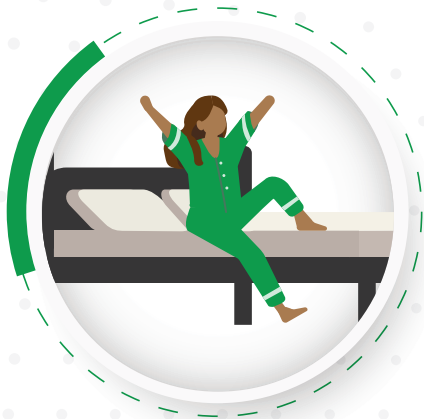



PREMIER
PHYSICAL THERAPY

5-STAR APPROACH TO JOINT PAIN



It's common to take the little things in our day for granted. We get out of bed in the morning. We load the washer. We sit on the couch and turn on our favorite TV show - **and we don't think twice about it.**



What would happen if those simple tasks became not so simple? As it turns out, hardship in day-to-day routines happens more than you think. Why? Because these little things all have something in common. They all require the use of joints! Minor tasks become big deals if your joints aren't working as well as they used to. But why do these issues occur? Nine times out of ten, it's because of arthritis.

The most common type of arthritis is called Osteoarthritis (the wear and tear of joints). This type of arthritis can be brutal, causing pain, stiffness, swelling, loss of flexibility, bone spurs, and more. This can be caused by several factors and can become extremely painful.

Your doctor may recommend physical therapy to combat this struggle because it's one of the most beneficial and practical paths to treatment. Whether it negates the need for surgery or helps you get back on your feet post-op, physical therapy will help in your road to recovery. YOUR goals are our goals here at Premier Physical Therapy. **We're ready to help you get back to life and doing what you love!**

1

EXAMINATION

Initially, physical therapy begins with a thorough examination. We'll identify the root cause of your pain and get an understanding of how it is affecting your everyday life. An accurate examination is vital to this process!

We'll also have the ability to communicate care with both you and your healthcare provider. **By the end, we hope to give you answers and a plan of action!**

And do not worry, you could not be in better hands. Our therapists at Premier Physical Therapy have years of advanced training, making them qualified to pinpoint the pain you are experiencing.



2

YOUR PERSONALIZED TREATMENT PLAN

Everyone is unique, so your treatment plan should reflect that! We work with thousands of patients who have specific pain points, meaning they need a personalized plan. That is why following your examination, our therapists work to come up with yours!

Your different abilities, goals, and activities in your daily life make a difference when creating a customized plan to help you achieve your desired results.

Your personalized plan will focus on eliminating your pain and improving your joint function. **Our team wants to help you get back to doing what you love.**



3

ONE-ON-ONE CARE

This step is often the most beneficial to our patients. It's where we put the skills, plan, and heart into getting you the results you need. Your physical therapist should be someone you trust and someone you feel comfortable asking questions. At Premier Physical Therapy, our therapists work diligently to show you they care about your health and getting you back to life.

Premier Physical Therapy is a business rooted in faith. We believe that faith works harder than fear ever will. If there is something on your mind or in your heart and there is anything we can do to help, we're here to do just that - through prayer requests, community support, and friendship.

One-on-one care allows the patient and therapist to work towards relief in a comfortable, trusting environment.



4

PROGRAM PROGRESS

Progress is our favorite part of the process. This is where you see the results first hand and feel yourself getting back to normal. There are many factors that can get your progress rolling, but the two most simple are maintaining a healthy diet and weight. If you're feeling good as a whole, it will be easier to note progress in your joints and problem areas!

By conducting progress surveys and gauging your feedback, your therapist will be able to understand where you're at in the recovery process. In this phase, you'll want to really tune into what your body is telling you. Based on your progress, your personalized plan may need some slight adjustments, and this is where that happens!

If any roadblocks in your recovery occur, we will pivot our approach to make the changes necessary to keep moving forward. The ultimate goal in your personalized plan is a full recovery that will allow you to accomplish all of the goals we set in the initial examination.



5

ONGOING SUPPORT

We're here for the long haul, and we're not going to leave you hanging when you've reached recovery.

It is vital to consider the bigger picture when it comes to joint pain and arthritis.

That's why we send you with the tools you need to prevent the return of your pain and future injuries. **Some of these awesome tools include...**



**PATIENT
EDUCATION**



**HOME
EXERCISE**



**NUTRITIONAL
ADVICE**

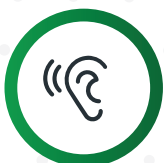
THE RECAP

Here are your main takeaways from Premier Physical Therapy's 5-Star Approach to joint pain.



GET AN ACCURATE DIAGNOSIS

It's so important to be sure you are made aware of your exact diagnosis. Why? So that you can be set up with the appropriate plan of action that is unique to you. Premier Physical Therapy offers a thorough examination that will provide you with everything you need to know about your diagnosis.



LISTEN TO YOUR BODY

This may sound silly, but if you pay attention, your body will tell you exactly what's going on. For example, if a particular area of your body hurts, it's telling you to avoid putting pressure on it!



MAINTAIN PROPER NUTRITION

A balanced diet can do a number of great things for your body, including helping out with joint pain! Try to avoid eating excess acidic foods if you can. For more information on proper nutrition, [click here](#).



KEEP A HEALTHY WEIGHT

Every person's body is different, but as long as you follow step number three with a combination of regular physical activity, this one should come easy. Keeping a healthy weight can keep excess pressure off your joints.



KEEP MOVING

Don't overdo it, but try and move around throughout your day. Get your blood pumping! Regular movement will help limit pain and improve motion in your joints.



This unique 5-Star plan is sure to help keep your pain in check! You don't have to struggle through your favorite activities, because there are ways to find relief. Pain is your body's way of telling you that something is wrong, so don't ignore it! The longer you wait to treat it, the worse it will become. Take your first step toward pain relief with Premier Physical Therapy.

**CALL PREMIER PHYSICAL THERAPY TODAY
& FIND OUT HOW WE CAN HELP YOU!**

LEARN MORE



PREMIER

PHYSICAL THERAPY



CAPE GIRARDEAU

1405 North Mount Auburn Road
573.335.7868



JACKSON

2480 East Main Street, Suite B
573.204.7868



ADVANCE

33501 State Hwy 25
573.722.9999



sendmetopremier.com