

GETTING BY WITH PAIN

We often hear the statement, **“I don’t have time to come to therapy,”** or **“I’m not in enough pain to come in right now.”** But what if “just getting by” with the pain leads to further injury, lost time at work, or a surgery with an even longer recovery time?

Making the Time

We live in a community of hard working people. Many work in agriculture or at a small business where it is often difficult to take time off. Some are caregivers for other family members and they’ve had to put their health concerns on the back-burner. There’s so much work to be done and our bodies tend to take the punishment. Often, when folks finally do come to our clinic, they tell us how long they’ve been dealing with the pain and the adjustments they’ve had to make just so they could continue working. They always planned on taking care of it, but then it was suddenly months, or even years later.



Shoulders, knees, hips, ankles, and wrists are common places where we can experience pain and movement limitations. Through our years, we likely have used them a lot...misused them at times...and probably abused them a few times as well. As we age, our joints age along with us and they don’t take the punishment as well as they did when we were younger. If we have had injuries or mishaps with any of our joints, it can affect the way we move, what activities we can and cannot do, and may lead us to injure our bodies further.

What About Surgery?

Surgery is sometimes the only way to treat an injury or chronic condition. In fact, many of the people we see at the clinic are post-surgical patients. However, surgery isn't always your only option. With every surgery comes some form of risk and a generally long recovery time. This is why physical therapy (PT) has long been used as a conservative treatment before going under the knife. PT can be an equally effective and less expensive alternative to surgery for some conditions, and if PT can eliminate your pain or help you recover from an injury, there may be no need for the surgery.

If it is necessary for you to undergo surgery, PT is a great way to ensure that you get the most out of the procedure. Pre-surgical PT can often put you into better physical condition to withstand the surgery, and post-surgical PT helps to re-strengthen weak/disrupted muscle tissue and restore range of motion, providing a better recovery outcome to get you back on your feet faster.

An Active Participant

Our bodies are designed, for the most part, to heal themselves. Given the proper treatment options and nutrition, physical therapy can give your body the help it needs to repair itself. The best thing about PT compared to many other treatments is that it makes you an active participant in your health. You tell your therapist your goals and we'll work with you to develop a plan that meets your needs. PT can work with your busy schedule so you can continue taking care of your business and family, and at the same time take care of yourself.

If you or someone you know is "just getting by" with the pain, consider trying PT. Whether you're planning/recovering from a surgery, or experiencing pain at your job or with hobbies, don't wait for the pain to become debilitating before taking action. Lose less time at work, save money, and feel better. We can't think of better outcomes than that.



Not sure if PT can help you? We offer short, one-on-one FREE assessments with a physical therapist to discuss your treatment options. If we can't help, we'll direct you to someone who can!

Call 308.872.5800 for more information and to schedule