



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 Peak Orthopedic Physical Therapy steps in.

At Peak Orthopedic 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.

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UNDERSTANDING DIFFERENT **TYPES OF PAIN**

- **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.

FINDING RELIEF FROM PAIN

When you come to a physical therapy session at Peak Orthopedic 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 Peak Orthopedic 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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OUR WELLNESS SERVICES

1. Peak Fitness (gym membership that includes fitness assessment, custom workout program and supervision)
2. Medical Massage (massage with special attention to medical conditions or injuries)
3. Deep Tissue Laser Therapy (Lightforce Class IV Laser for reducing pain and speeding up healing)
4. Pain Management and Home Exercise Products

STAFF SPOTLIGHT



KRIS MAYER, PT, MPT

This month, we shine the spotlight on Kris Mayer, a valued and long-time member of our team who is known for her “functional manual” approach to physical therapy rehabilitation and wellness. Through her holistic view of health and deep understanding of the intricate connections within the human body, she teaches her patients to tune into their bodies and gain a higher level of self-awareness, allowing them to identify the deeper cause of their symptoms.

Participating in continuing education over the years, Kris practices the latest and most effective rehabilitative techniques, enhancing patient engagement and recovery outcomes. Kris truly cares about her patients and ensures they get the quality one-on-one time they need. Her personalized care ensures that every patient feels heard and thoroughly supported throughout their healing journey. We’re so happy to have Kris as part of our family and are grateful for her amazing contribution to our patients!



Speed Up Your Recovery & Eliminate Pain

Try Our Recommended Products

Pain Management

- CBD Clinic Ointment
- Ice Packs
- Heating Pads
- TENS Units

Home Exercise

- Foam Rollers
- Stick Rollers
- Stretch-Out-Straps
- Pulleys
- Lacrosse Balls



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OUR PATIENTS GET RESULTS



“Severe pain in the bottom of my foot brought me to Peak. My experience was awesome! The treatments started off by decreasing my pain, but learning where the pain started and how to work on some tight and weak areas, the benefit extended up into my legs, hips, glutes and helped decrease some mid-back pain. I can do squats again, foot pain is gone, and balance is improving. I have the tools I need to continue on my own, making the exercises part of my daily routine. I am very excited by the progress. The entire team including Mike, Sarah, Char and everyone were fun. I encourage anyone to get PT here if they need it.” — Beau R.

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