

Suffering With Aches & Pains?

What different types of pain can tell you...

When you have an ache or pain it can leave you scratching your head as to where the pain is truly coming from. Just because it hurts in that part of your leg or arm, doesn't mean that is where the problem is coming from. Is it a disc, muscle strain or did you just plain overdo it?

If you are suffering from back pain or neck pain, here are some questions it is important for you to answer, to determine the origins of your pain:

How long have you had your pain?

For example, acute low back (lumbar) pain may be because of a muscle strain. Chronic low back pain is typical of restricted joints, tight muscle tissue and muscle weakness.

How is the pain? Achy, sharp, tingling?

Achy pain is typically a problem with movement due to poor functioning of the muscles and joints. Sharp pain can be a muscle spasm or even an impingement of a joint. Tingling sensations and pain can be from irritation to a nerve either from compression or inflammation of that area.

www.gulfcoasttherapy.com



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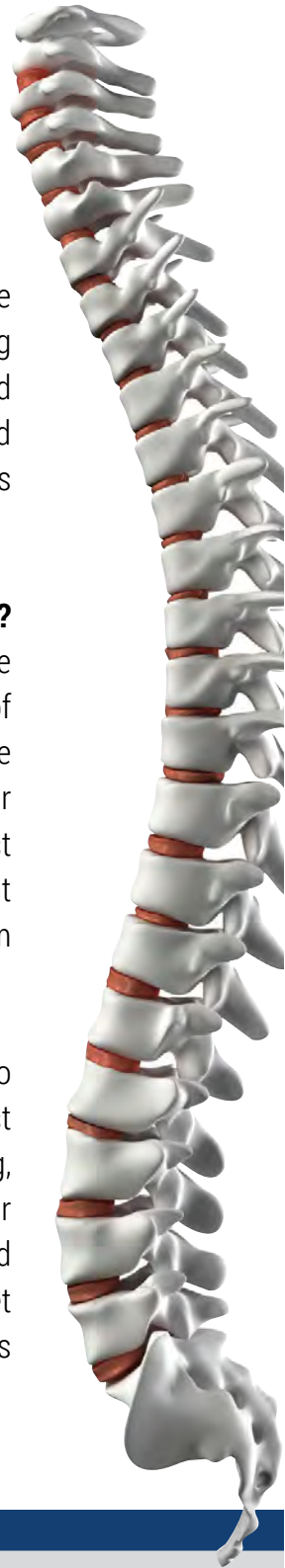
Is the pain worse at a specific time of day?

Achy, stiff pain in the morning can be due to muscle and tissue stiffness. Severe radiating pain to the lower back, buttock and leg with bending in the morning is an indicator of a potential herniated disc. Whereas pain towards the end of the day after moving and activity is an indicator of spinal muscle weakness as the muscles fatigue during the day.

Do you have difficulty with prolonged sitting, standing or walking?

Pain with prolonged standing and walking is typical of muscle fatigue of the spine as well as the hip muscles. It is typical to complain of pain to the low back and buttocks as your muscles cannot tolerate the activity. An easy test to check your hip strength is to lie on your side and lift your leg up 10 times. If you struggle with this, you most likely have hip muscle weakness. The good news is that with the right physical therapy treatment plan, you can alleviate these problem areas and prevent the pain from returning.

There is a lot that can be done to help pain and the fastest way to relieve pain is to find out the true source and treat it. At Gulf Coast Physical Therapy, our therapists have years of medical training, specializing in muscles, joints and nerves, to determine where your pain is coming from. With specialized hands-on therapy, structured easy medical exercises and modalities, we can relieve your pain, get you stronger and put you on the right path to return to the activities you love to do, without pain. Call us today to find out more.



The SPINE PROGRAM

Discover how our
relieves your back
your posture and s
long lasting result

Eliminate your back or neck pain

Call to learn more: Fairhope: 251-928-7312 | Foley: 251-928-7312

Success Stories

I can do my daily activities again!

Success Story – R.H.

“My Therapist Anna at Gulf Coast Therapy enabled me to use my left hand after surgery. Due to her expertise, I am now able to do the following: walk the dogs, carry groceries, open bottles, hold a bar of soap, shampoo, button clothes, tie shoes, and handle kitchen utensils. Being able to use both hands now makes living so much easier. I thank the whole staff!!!!”

My pain is gone!

Success Story – G.P.

“Therapy has greatly helped me overcome the fear I had about using my hand for specific tasks. I was worried about the open wounds, but they have healed well and rapidly. The pain I had been experiencing has subsided almost completely.”



GULF COAST THERAPY

**Our Spine Program quickly
relieves back or neck pain, improves
flexibility and strengthens your spine for
years to come.**

Pain for good!

251-923-0888

Why Choose Gulf Coast Therapy?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended

www.gulfcoasttherapy.com

Look towards a new future!

We can improve your quality of life through restorative treatment for the following conditions:

- Arthritis
- Back Pain
- Sports Injuries
- Headaches
- Dizziness/Vertigo
- Disc Bulges
- Joint Restrictions
- Lower Back Pain
- Neck Pain
- Plantar Fasciitis
- Sciatica
- Shoulder Pain
- Sprains/Strains
- Tendonitis
- Total Joint Replacements
- Whiplash
- Chronic Fatigue Syndrome
- Fibromyalgia



Wondering About Your Ache or Pain?



ASK YOUR QUESTION!

Call or email your question today and your physical therapist will get right back to you, answering your question and giving you advice.

Stephanie@gulfcoasttherapy.com

OR CALL TODAY!

Fairhope: 251-928-7312 | Foley: 251-923-0888

Exercise Essentials

Try these simple exercises to relieve your aches and pains...

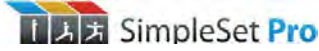
Always consult your physical therapist or physician before starting exercises you are unsure of doing.

LEVATOR SCAPULAE STRETCH

Grasp your arm on the affected side and tilt your head downward and to the side until a stretch is felt.



Exercises copyright of



www.simpleset.net

QUADRUPED ALTERNATE LEG

While in a crawling position, slowly draw your leg back behind you as you straighten your knee.



HEEL SQUEEZES

While lying face down, spread your knees apart and press your heels together.



Who do you know that needs our help?



Refer a Friend

If you know someone suffering with aches and pains “Refer a Friend” and give them this newsletter or send them directly to Gulf Coast Therapy. They will thank you and so will we!

www.gulfcoasttherapy.com



GULF COAST THERAPY

OUR MISSION

The mission of Gulf Coast Therapy is to provide our patients with the skills they need in order to function at their highest level of independence and increase their quality of life. We accomplish this by working closely with their referring physician, the patient, and their family to develop a specialized, client-centered plan of care that ensures the best possible outcome.

FAIRHOPE

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www.gulfcoasttherapy.com



Quickly Relieve Pain
& Improve Movement



Fast, Cost-Effective
Results



Discover The Root
Cause Of Your Pain