



Determining the
**ORIGINS OF
YOUR PAIN**

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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 Midwest Physical Therapy steps in.

At Midwest 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 in the fields of physical therapy and chiropractic, 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.
- **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. Both physical therapists and chiropractors often work with this type of pain, prescribing targeted exercises to correct movement dysfunctions contributing to the discomfort.

Finding Relief from Pain with Physical Therapy and Chiropractic Care

When you visit us at Midwest 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, we'll evaluate your posture, muscle strength, range of motion, and any areas of tenderness. We'll also assess your movement patterns to identify any abnormalities or dysfunctions.

Based on the information gathered during the evaluation, we'll then 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 we have a clear understanding of your condition, we will create a personalized treatment plan that pulls from physical therapy and chiropractic techniques.

Our treatments may include chiropractic adjustments to improve joint alignment and mobility. Manual therapy techniques can also release tension and address pain. Exercise is another crucial component, tailored to your specific needs and designed to correct any movement dysfunctions.

Finally, 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 Midwest Physical Therapy, our physical therapists and chiropractor will help you find that balance, guiding you through the steps you need to take to feel good again!



Scan to
book an
appointment!



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_Therapy; <https://www.ncbi.nlm.nih.gov/books/NBK545194/>

February is American Heart Month



Celebrate Heart Health with These 8 Simple Health Tips.

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Think beyond the scale.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
- 7. Ditch the cigarettes – real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 8. Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



Congratulations! ANDY OLSON, MPT

We are proud to announce that Andy Olson, MPT completed the Dry Needling 2: Foundations II course through Myopain Seminars from September 8-10, 2023. This course provided training to many new muscles in the cervical, thoracic, and lumbar spine as well as extremities to allow treatment of myofascial pain that can cause localized or referred pain, including headaches. Andy is looking forward to bringing this new knowledge and experience to the clinic to better serve your needs.



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PATIENT SUCCESS STORY

"My family members and I have received physical therapy at Midwest several times in the last few years. I am very impressed with the consistent quality of care that is given by their team of therapists. The office staff is very efficient and accommodating. I highly recommend Midwest Physical Therapy!" — R.P.

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