

Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

“Expert Care with Caring Hands”

Volume 20

Total Health Center is a full service physical/occupational therapy clinic where expert patient care is our first priority. We treat a full range of orthopedic and neurologic conditions. Our clinic has therapists with advanced training and specialist certifications. Our goal is to help you, the patient, reach your full potential.

Relieve Neuropathic Pain with Physical Therapy



Affecting up to four million people in the United States, chronic neuropathic pain is a type of pain relating to the nerves. It is more difficult to diagnose and treat than other kinds of chronic pain and comes about when there is damage or dysfunction to the nerves, spinal cord or brain.

This damage could result from **nerve damage, nervous system diseases, swelling, nerve compression** or tiny bundles called **neuromas**. Diabetes is a common cause of neuropathic pain. Pain following an outbreak of shingles—called postherpetic neuralgia—is a serious neuropathic pain problem, especially in the elderly. For as many as 30% of cases, however, the cause is unknown.

The pain related to nerves is very specific. It can be sharp, burning or stabbing. It may occur primarily around a dysfunctional area or it **can travel through the nerve to various parts of the body** (referred pain). In addition to the pain, a person can also experience **tingling, numbness, weakness** and **pain from a simple light touch to the skin**.

Clearly, neuropathic pain can be very debilitating to sufferers and, if left untreated, can lead to **depression**. Medications used to treat neuropathic pain include adjuvant drugs (antidepressants and antiseizure medicines), nonsteroidal anti-inflammatory drugs (NSAIDs), opioids, corticosteroids and nerve blocks.

Seeing a physical therapist soon after your pain is diagnosed is vital to learning how to manage the pain and function in your daily activities. We can work with your physician to complement any medication you may already be taking. Treatment incorporates a broad range of tools, such as **strengthening exercises, psychological support** and **techniques to improve range of motion**. For those with significant pain, even **light**

Call us at (269) 968-0888
Mon to Thurs 7am-7pm
Fridays 7am-4pm



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Healthy Recipe of the Month

Creamy Tarragon Chicken Salad

- ½ cup plain 2% reduced-fat Greek yogurt
- ¼ cup canola mayonanaise
- 1 tablespoon chopped fresh tarragon
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 cups shredded skinless, boneless rotisserie chicken
- ¼ cup thinly sliced red onion
- 3 ounces whole-grain Crackers

Combine first 5 ingredients in a medium bowl, stirring with a whisk.
Add chicken and onion; toss to combine.
Serve with crackers

Nutrition Analysis per serving
Calories: 319
Carbohydrate: 16.1 grams
Protein: 19.2 grams Fat:

exercises and **stretching** can provide improved function and reduced pain. **Manual therapies** and **therapeutic massage**, along with **electrical stimulation** where appropriate, may be added to your customized program to alleviate painful muscle spasms.

Neuropathic pain, especially when chronic, can be a major challenge. A regular physical therapy program that we can devise may help you to successfully cope and feel more like yourself again.

Improving Quality of Life for Ataxia Sufferers

People with ataxia **lack muscle coordination** when they perform voluntary movements such as walking or picking up objects. A sign of an underlying condition, ataxia can also affect speech, eye movements and the ability to swallow, and may be caused by alcohol abuse, stroke, head trauma, brain tumor, cerebral palsy, multiple sclerosis or a defective gene.



If you are not aware of having one of these conditions that causes ataxia, make an appointment to see your physician if you **lose balance; lose muscle coordination in a hand, arm or leg; have difficulty walking; slur your speech; or experience difficulty swallowing.**

Unfortunately, ataxia is often resistant to medical treatment. But for many people with ataxia, physical therapy can be a very effective treatment to improve their quality of life. Physical therapy for ataxia can include many approaches, such as

balance exercises, stabilization techniques, the use of supportive devices

Initial treatment includes identifying the underlying cause and trying to address it, if possible. Successful treatment is more likely when a person has suffered an injury. People with a degenerative neurological condition face a more difficult path. But in both circumstances, physical therapy can be an important tool to manage the condition.

Physical therapy techniques can help you to retrain yourself to perform tasks that have become challenging due to ataxia. By teaching adaptation techniques and supporting motor learning, we can help you attain better **gait, coordination** and **balance**. In turn, you can reduce your risk of falls and other injury resulting from your ataxia.

We can develop a program that facilitates success in everyday activities. This program may include training with devices that will help you overcome your ataxia, as well as exercises that reduce your risk of falls from poor balance. Physical therapy interventions can help people with ataxia to take better control of their lives.

19.7 grams Sodium: 509 mg
Fiber: 0.8 grams
Serves 4

Patient Testimonials

Very friendly & informed therapists and staff.
L. Mazurek

Everything was helpful, just keep doing what you do.
H. Kraft

Always on time. Explains all therapy.
J. Wygant

The staff are knowledgeable and helpful. Scheduling appointments around work schedule was easy and convenient. I enjoyed working with everyone!
C. Wright

Great service & care – thanks for your smiling faces!

Everyone is friendly and willing to accommodate my schedule. I have the utmost respect for the Therapist and the care I'm receiving.
S. Pepper

