

HOW PHYSICAL  
THERAPY CAN HELP  
*YOU* ALLEVIATE  
**CHRONIC PAIN**



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## HOW PHYSICAL THERAPY CAN HELP YOU ALLEVIATE CHRONIC PAIN

*Have you been living with chronic pain? Are you willing to do what it takes to feel good again?*

At Loudoun Physical Therapy, our physical therapist uses the most advanced strategies to help you manage your pain and, for some, eliminate it altogether!

September is Pain Awareness Month, and in honor of this, Loudoun Physical Therapy would like to provide you with some vital information regarding the origins of pain and how physical therapy can help manage and alleviate it.

Pain is very complex. Gone are the days when ignoring or pushing through your pain was the best solution. Fortunately, our team understands the complexity of pain and, more importantly, how to alleviate it once and for all! Pain happens for several reasons and manifests in different ways.

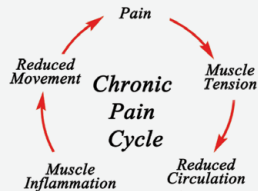
Understanding the source of your pain is one of the first steps to combat it and prevent it from returning in the future. Our clinic specializes in treating people from all backgrounds and experiences with pain. We are trained professionals who will have you feeling your best in no time at all.

If you're experiencing discomfort or have noticed that your ability to do your usual activities has dwindled, it's time to call in our team of physical therapists from Loudoun Physical Therapy.

### Understanding The Source Of Your Pain

How long you've been experiencing pain, where it developed, and how it manifests are significant distinctions that can help shed some light on what may be causing your condition. It is also essential to understand that the intensity of your pain is not always the more reliable characteristic for finding relief.

Too often, people focus only on the intensity of their pain which is influenced by stress levels and societal or familial beliefs. The location and duration



of pain are effective, reliable ways to manage and alleviate your pain once and for all.

When you meet with a Loudoun Physical Therapy physical therapist, you'll have a conversation about your pain to determine how it started, when it began, where it began and how it behaves (i.e., what makes it better or worse).

### **There are also some things to consider before heading into physical therapy:**

- Try to remember or identify precisely where the pain occurs in your body. Pain that is localized can be easier to identify the possible tissue that is causing it. When pain is more diffuse, it can be trickier to figure out what is causing it.
- Consider how the pain feels. Is it a steady ache or sharp and intermittent? Is it more of a tingling or prickly feeling? Each sensation is associated with different types of problems, so describing your pain appropriately may help determine the best treatment methods for your body's needs.
- Does it get worse with activity or inactivity? For some people, there are specific movements that cause pain. For others, the issue is due to the quantity of accumulation of activity and not a specific event. One of the most common misunderstandings is that pain needs something to worsen, but in reality, many people get worse from a prolonged position or improper posture.

No matter what, our physical therapists can help! We are experts and weeding through the possibilities and clarifying what is causing the pain. Our goal is to help you resolve it once and for all!



**We would like to see you again!**

Scan the QR code to visit [loudounpt.com](http://loudounpt.com) and schedule your appointment today!

# WHAT IS CHRONIC PAIN?

Our bodies sustain injuries and experience pain no matter how careful we are. Too often, people wait too long to seek help, which can make the situation more complicated and lead to chronic pain. Chronic pain is pain that persists past normal healing time and lasts or recurs for more than 3 to 6 months.

Although most people think of chronic pain as a continuous problem, most of the time, it is cyclic in nature. Typically an individual will have an episode of pain that gets better only to be followed by a recurrence, followed by yet another recurrence.

As time goes on, the frequency and duration of the pain get longer, whereas the periods where it is less problematic grow shorter.

Seeking help from the physical therapists at Loudoun Physical Therapy can make all the difference. Identifying the underlying cause of your pain and figuring out the possible triggering events can lead to a reversal of the condition and eventual relief.

## How Physical Therapy Can Help

Physical therapists are trained in identifying and treating the cause of your pain. This allows you to shift away from using pain medication and instead find relief with strategies that include manual therapy, stretching, muscle building, and cognitive behavioral therapy.

Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain. Our therapists will work with you to identify solutions that fit your lifestyle and offer lasting results.



The combination of physical therapy with psychological approaches has been shown to be the most effective way to improve physical function and resolve chronic pain struggles.

Our clinic uses several manual therapy techniques that focus on the areas you're experiencing pain or movement restrictions. When the reason for your pain is determined, we assist you through movement to regain optimal function in each joint, muscle, or other tissue causing the pain.

Our physical therapist is as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

## Request An Appointment With Us Today

The result of physical therapy at Loudoun Physical Therapy is that you can live the active life you want, free of painful limitations.

Call our office today and set up an appointment with one of our specialists!

Sources:

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## DR. TULSI PARMAR, PT, DPT

Tulsi is a Physical Therapist, working at Loudoun Physical Therapy. She has worked as a Physical Therapist in inpatient and outpatient facilities where she worked with neurological, cardiology, orthopedic, sports, and pediatric patients. Tulsi is multilingual (English, Hindi, and Gujarati) and always try to make the patient comfortable by breaking the barrier of communication.

Tulsi earned her degree from SBB College of Physiotherapy, Gujarat University, India in 2013.

Her first priority is to improve the patient's quality of life and to restore functional mobility. She finds pleasure in providing the best patient care through her manual skills.

Her hobbies include traveling, reading books, yoga and music. She loves to spend time with family and friends when she is not working.

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## 4 FALL SPORTS SAFETY TIPS FOR KIDS

As a parent, it's normal to be worried about falls and other accidents. Kids are clumsy, rambunctious, and almost always on the move! It's hard not to worry about them getting injured, especially when they play a sport.

With fall sports starting up again, we want to assist you in preventing sports injuries from placing your child on the sidelines. **So we've put together a list of preventative measures for keeping your child healthy and active this season!**

### 1. Monitor their diet and nutrition.

Encourage your child to consume a nutritious diet made up of organic, healthy ingredients. Make sure your little one stays hydrated with plenty of water. It's also a good idea to ensure they maintain a steady electrolyte balance.

### 2. Teach your child to speak up about any pain.

Children may "play through the pain" or not acknowledge common injury signs. These actions may place them at risk for making a relatively mild condition more serious. Recognizing a possible sprain or stress fracture is key to getting immediate care and resolution so that they may go back to play. Teaching your child to address pain and dysfunction early is very important for their overall health.

### 3. Encourage them to take proper warm-ups and cool-downs.

Children are excited to get into the game and tend to be in a rush to get into practices – and just as anxious to get out of them when they're finished. However, participating in athletics without first warming up may lead to preventable injuries. A cardiovascular warm-up such as jogging with some gentle stretching may be all that is needed to avoid these issues. After the exercise, a cool down and stretch routine also helps the tissues recover from their workout.

### 4. Promote safe play.

Even the most physically fit children will get into trouble if they disregard safe play guidelines. Appropriate use of helmets and other protective gear is key – so be sure it fits your child well and is worn correctly.

# WHAT IS A TELETHERAPY VISIT?

Teletherapy is PT from the comfort of your home. It is a remote, one-on-one Telehealth visit that is performed by our skilled physical therapists on a computer, connected to the Internet.

**During your visit, you will receive:**

- Movement Evaluation to determine your problem
- Education on why you are hurting and how to prevent it from reoccurring
- Exercise prescription to meet your specific needs

This physical therapy option is convenient and accessible from the comfort of your home!

**CALL AND SCHEDULE YOUR APPOINTMENT TODAY!**

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