



**THE PHYSICAL
THERAPY INSTITUTE**
ORTHOPEDICS AND SPORTS MEDICINE

PHYSICALTHERAPYINSTITUTE.COM

NEWSLETTER

Helping You Move Through Life Pain-Free

Determining The Origins of Your Pain

[Click here to get started today!](#)

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 Physical Therapy Institute steps in.

At Physical Therapy Institute, 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.
- **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.

Visit us online physicaltherapyinstitute.com or call [724.527.4264](tel:724.527.4264) today!



**THE PHYSICAL
THERAPY INSTITUTE**
ORTHOPEDICS AND SPORTS MEDICINE

PHYSICALTHERAPYINSTITUTE.COM

NEWSLETTER

Helping You Move Through Life Pain-Free

Finding Relief from Pain with Physical Therapy

When you come to a physical therapy session at Physical Therapy Institute, 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 Physical Therapy Institute 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/>



It's Easier To Get Physical Therapy Than You Think!

Did You Know You Have Direct Access To Physical Therapy?

Whether you want to come in for a check-up, suffered a recent injury, or want to improve your health, a physician referral is not needed. In the state of PA you have direct access to physical therapy!

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well.

Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

Minor aches and pains are warning signals from your body to let you know something is not working properly. Don't put off the pain until it's too late. Come in today for a "Tune-Up."

Visit us online physicaltherapyinstitute.com or call [724.527.4264](tel:724.527.4264) today!

FREE In-Person Workshops

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries.

[Click Here To Secure Your Spot](#)

Contact Us

Washington	724.527.4264
Apollo	724.306.6951
Elizabethtown	717.500.3411
Greensburg Ortho & Sports	724.395.7523
Irwin	724.395.7701
White Oak	412.517.7842
Monroeville	412.693.6210
Moon Township	412.725.0193
Mount Lebanon	412.923.0923
Murrysville	724.948.1202
Robinson Physical Therapy	412.866.2764
Derry Clinic	724.948.0901
Greensburg	724.402.5770
Harrison City	724.923.4053
Jeannette	724.558.8009
Lower Burrell	724.558.8013
Mon Valley	724.670.2731
Morningside	412.324.4967
Mount Pleasant	724.481.5595
Penn Hills	412.754.7855
Warrendale	724.948.1672
Burgettstown	724.560.3840
Monaca	724.564.6518

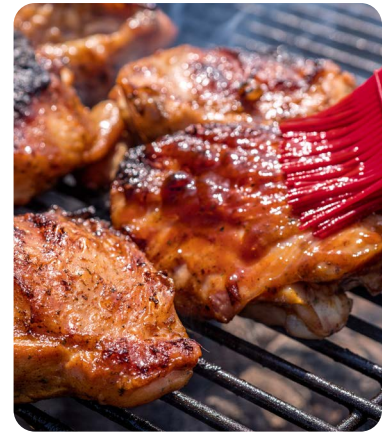
No Doctor's Prescription Needed!

In the state of Pennsylvania you have direct access to physical therapy.

Recipe of The Month: Grilled BBQ Chicken

Ingredients:

- 1¼ lbs chicken tenderloins or boneless skinless chicken breasts
- ¼ cup vegetable oil
- 3 cloves garlic, minced
- 1¼ teaspoon salt
- 1 tbsp packed light brown sugar
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon cayenne pepper
- About 1 cup barbecue sauce



Instructions: If using boneless skinless chicken breasts, place the chicken breasts one at a time in a 1-gallon zip-lock bag; using a meat mallet, pound the breasts to an even ½-inch thickness. (Skip this step if using tenderloins.) In a large bowl, whisk together the oil, garlic, salt, brown sugar, smoked paprika, cumin, chili powder, and cayenne. Place the chicken in the bowl and, using tongs, toss until the chicken is evenly coated with the marinade. Cover the bowl and place in the refrigerator to marinate for at least 6 hours or up to 24 hours. Preheat the grill to high and oil the grates. Grill the chicken, covered, for 2 to 3 minutes. Flip the chicken, and then brush with some of the barbecue sauce. Cook for 2 to 3 minutes more. (Note that tenderloins will cook faster than breasts.) Transfer the chicken to a serving platter and serve with the remaining barbecue sauce alongside.

Patient Success Spotlight



"I had shoulder surgery but was skeptical about doing therapy. After a couple of weeks into my rehab, I am making great improvements thanks to the staff of PTI. They have me doing some effective stretching exercises and slowly introducing some weights. Everyone is very friendly and professional. I am glad I chose to do my rehab here." – J.M.

What's Your Success Story?

[Click here to tell your PT story and leave your review.](#)
We look forward to hearing from you!

physicaltherapyinstitute.com