

Determining the

ORIGINS

of

YOUR

PAIN





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 Carolina Prime steps in.

At Carolina Prime, 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.

FINDING RELIEF FROM PAIN WITH PHYSICAL THERAPY

When you come to a physical therapy session at Carolina Prime, 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 Carolina Prime our therapists will help you find that balance, guiding you through the steps you need to take to feel good again!

Call today to book an appointment!

336.281.9190

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4256939/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4203285/>; <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/>



Healthy Recipe SLOW COOKER CHICKEN POZOLE SOUP

- 4 c. low-sodium chicken broth
- 3 boneless skinless chicken breasts
- 2 poblano peppers, chopped
- 1 white onion, chopped
- 2 cloves garlic, minced
- 1 tbsp. cumin
- 1 tbsp. oregano
- 2 tsp. chili powder
- 2 tsp. kosher salt
- Freshly ground black pepper
- 2 (15-oz) cans hominy
- Optional garnishes: sliced green cabbage, fresh cilantro, thinly sliced radishes, avocado and jalapenos

Place all ingredients except hominy and garnishes into the slow cooker. Cook on low for 6 to 8 hours, until the chicken is tender and cooked through. Take chicken out of slow cooker and shred with two forks. Return to the slow cooker along with the hominy and cook for another 30 minutes. Serve soup into bowls and add garnishes.

<https://www.delish.com/cooking/recipe-ideas/recipes/a55758/crock-pot-mexican-pozole-recipe/>

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February is American Heart Month



CELEBRATE HEART HEALTH BY PRACTICING 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).



Patient Success Story



I would highly recommend Carolina Prime Physical Therapy. From my first visit to my last, I was treated in a friendly, professional manner, and was made to feel comfortable and at ease with my treatment plan.

Over the course of 5 weeks, **Scott determined that the root cause of my arm and shoulder pain was actually in my cervical spine, and after daily performing the exercises he gave me, plus his hands-on approach to therapy, I am now nearly totally pain-free.**

— Pauline B.

REVIEW US!

Your success story could be the inspiration someone else needs to improve their life by seeking PT!



Scan the QR code to go to our Google review page!

Don't let pain keep you from what you love doing!

Come Back to PT!
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