

HEALTH & WELLNESS

SMART  **SPORTS** 2022

NEWSLETTER



**DO YOU KNOW
WHERE YOUR PAIN IS
COMING FROM?**

COME BACK TO PT!

**How Physical Therapy
Can Help You Find
Relief**

Staff Spotlight

Tell Us How We Did!

SMARTSPORTSMED.COM

CALL US TODAY (307) 632-7677

NEWSLETTER

PHYSICAL THERAPY CAN FIND THE SOURCE OF YOUR PAIN



RETURN TO PT TO SEE LASTING RESULTS! CALL (307) 632-7677!

Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physical therapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms. Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are specialists in identifying the causes of pain.

A physical therapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way. Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for. Call Smart Sports today and set up an appointment with our highly trained physical therapists!

Understanding your pain. Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physical therapist can help you.

When you meet with a physical therapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. Your therapist will likely want to know:

- How long you've been experiencing your symptoms
- Where it developed and where is it currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our physical therapist will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

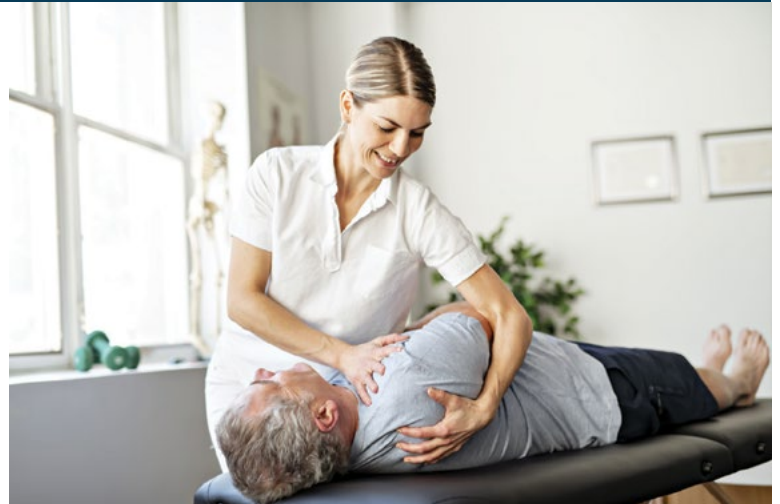
Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physical therapy is education about the likely source of your pain and instruction on effective techniques for relief. Our goals include:

- Reduce pain quickly through targeted movements/stretchers
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

We focus on doing what helps you feel better and move better!



Call and make an appointment today. Our physical therapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call Smart Sports today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

Sources: <https://onlinelibrary.wiley.com/doi/10.1111/1475-6773.12984>
https://link.springer.com/chapter/10.1007/978-3-030-39982-5_17

CALL (307) 632-7677 TODAY TO SCHEDULE AN APPOINTMENT!



STAFF SPOTLIGHT

DR. JOHN PAULUS

Dr. John Paulus graduated from the Philadelphia College of Osteopathic Medicine and then served his internship at Doctor's Hospital in Columbus, Ohio followed by two years active duty in the National Health Service Corps. His three-year residency in internal medicine was completed through the Thomas Jefferson Medical School teaching affiliated hospitals. Thomas Jefferson once wrote: "Not less than two hours a day should be devoted to exercise".

As An American Board of Internal Medicine certified allopathic internist, Dr. Paulus also subscribes to the osteopathic principle of treating the whole person: body, mind, and spirit! He is trained in osteopathic manipulative therapy (OMT) which along with regular

exercise, physical therapy when needed, and good nutrition can restore you to optimal health with minimal use of expensive, patented pharmaceuticals. Dr. Paulus had a hospital based internal medicine practice for 20 years before he was recruited as a founding faculty member for a brand-new medical school at Virginia Tech in Blacksburg, Virginia where he served as Department Chair of Internal Medicine. During that time, he completed an A4M fellowship in naturopathic medicine. He also was the medical director of the largest Los Angeles area outpatient Veterans Clinic.

He and his wife Karen finally joined family members living in Cheyenne, Wyoming the "Best Place to live and work"! He is prepared to help you to obtain optimal health by combining traditional and integrative medicine with minimal pharmaceuticals. He will employ the entire armamentarium of the healing arts which allows the body to heal itself naturally.

FUN FACTS:

- Dr. Paulus served as the doctor of the day for the Wyoming State Legislature last week.
- He enjoys fishing and looks forward to going a lot more this year with his wife.
- He has lived on both coasts of the US but finds Wyoming to be the best place he's ever lived. He has lived in WY now for 7 years.
- His dad came to America with \$35 in his pocket and was able to send him to med school.

WORK TOWARDS A STRONG BODY FITNESS & WELLNESS GYM

Divided into four specialized areas, our 24-hour gym makes it easy to pursue your goals at a pace, intensity level, and time of day that's right for you. If you are looking for a gym service in or around Cheyenne, WY, SMART Sports is here for you. Whether you're looking to amp up your power-lifting routine, get in a full-body workout, enjoy a low-impact run, or give group fitness classes a try...we'd be thrilled to welcome you into the SMART Sports family!

Your membership at SMART Sports gives you access to:

- 24-HOUR MAIN GYM
- HEAVY LIFTING ROOM
- CORE/STRETCHING AREA
- 90° SALT WATER POOL

FREE FITNESS CLASSES:

- Empower Hour
- Aqua-Fit
- Wellness (recommended for seniors and beginners)
- SPRINT
- Zumba
- Zumba Gold (low impact)
- Tai Chi Basics
- Piloxing



SMART SPORTS SPECIALTIES

- Manual Therapy
- Ultrasound
- Massage Therapy
- Electrical Stimulation
- Athletic Kinesio Taping
- Trigger Point Therapy (Myofascial Release)
- Joint Mobilization
- Therapeutic Exercise
- Aquatic Therapy
- Vestibular Therapy
- Facial Aesthetics
- Fitness and Wellness Gym
- Hormone Therapy
- Sports Medicine
- Back to Play (Sports) Assessments
- Sports Therapy
- Athletic Conditioning
- Cupping
- Dry Needling

FULFILL YOUR NEW YEAR'S RESOLUTIONS

FREE 1 WEEK TRIAL MEMBERSHIP

NO CONTRACTS FOR ANY GYM MEMBERSHIPS. OUR GYM IS OPEN 24/7!

GET

FIT!



CALL (307) 632-7677 OR MORE INFO TODAY

Always looking for what is the issue that is causing my difficulty!

"Very knowledgeable staff at Smart Sports Physical Therapy. Always looking for what is the issue that is causing my difficulty. The pool at Smart Sports is a huge part of their Physical Therapy Program for those who need it. I'd trust Josh Artery with my life."

— Kenton F.



TELL US HOW WE DID!

Leave a review for our practice and help us connect with the community! Visit <https://tinyurl.com/yekc5chp> or scan the QR code to leave us a Google review!



SMART  SPORTS