



DETERMINING THE ORIGINS OF YOUR PAIN

Read more inside on How Physical Therapy Can Help You Find Relief,
Full Time Physical Therapist Needed, and How We Need Your Help!

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464



DETERMINING THE ORIGINS OF YOUR PAIN

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.

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 it is 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.

Has your pain come back? We want to help!
Give us a call at (203) 655-6464 or visit
DarrenPhysicalTherapy.com today!



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 Darien Physical Therapy 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



Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!

FULL TIME PHYSICAL THERAPIST NEEDED AT DARIEN PHYSICAL THERAPY SPORTS & FITNESS

About Us

Darien Physical Therapy Sports & Fitness, located in Darien, CT, specializes in orthopedics and sports medicine. We are a privately owned company that has been serving our community for 38 years. Our team is a motivated and close-knit group of fun and focused people who bring out the best in each other and our clients.

Mission

Darien Physical Therapy Sports & Fitness exists to help our clients get the most out of their bodies so they can Get Well and Stay Well.

Who We Are Looking For

A health-conscious full and/or part-time orthopedic physical therapist with aspirations on leadership and camaraderie. We are looking for a PT who is excited about building his/her career in a progressive, 21st century style. New grads are welcome to apply.

Write us and let us know why you are a rockstar PT, why we will want to work with you, what your future plan is, and something personal and funny. Email: info@DarienPhysicalTherapy.com



WE NEED YOUR HELP!

Would you take a moment to share your Darien Physical Therapy experience on our [Google Review page](#)? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!



COVID-19 PRECAUTIONS



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS



OUR CLINICIANS HAVE BEEN VACCINATED

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!