



# NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

EMPOWERALASKA.COM

FEBRUARY 2024

Determining  
the Origins  
of Your

# PAIN

WORKING WITH A PHYSICAL  
THERAPIST CAN HELP YOU  
FIND THE RELIEF YOU ARE  
LOOKING FOR!

*Valentine's Treat*

**SPECIAL OFFER  
INSIDE**

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**EMPOWER PHYSICAL THERAPY WON  
BEST OF ANCHORAGE  
& BEST OF THE VALLEY**

*Thank You!*



# NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

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## Determining the Origins of Your PAIN

WORKING WITH A PHYSICAL THERAPIST CAN HELP YOU FIND THE RELIEF YOU ARE LOOKING FOR!



**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 Empower Physical Therapy steps in.

At Empower Physical Therapy, 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.

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EMPOWER PHYSICAL THERAPY WON  
**BEST OF ANCHORAGE  
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WASILLA: 833.605.1928 & ANCHORAGE: 833.799.1296

# DETERMINING THE ORIGINS OF YOUR PAIN

WORKING WITH A PHYSICAL THERAPIST CAN HELP YOU  
FIND THE RELIEF YOU ARE LOOKING FOR!



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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 Empower Physical Therapy, 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 Empower Physical Therapy our therapists will help you find that balance, guiding you through the steps you need to take to feel good again! Call today for your appointment!**

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## YOUR SOFT TISSUES & YOU

MAKE MASSAGE THERAPY AT EMPOWER PT PART OF YOUR FITNESS ROUTINE

**Massage therapy promotes tissue healing, so you can get back to living your life as quickly as possible. By working to mobilize, loosen, and relax your muscles, you can help them stay limber. This will decrease your risk of future strains, sprains, and ruptures.**

Your muscles are made up of many small, thin fibers that contract on command, working together to mobilize your muscle groups. These muscles are attached to your bones by connective tissues, called tendons, enabling them to move your body parts. Your bones are then connected by tough bands of connective tissue, called ligaments, for added stability. Your ligaments are covered by yet another connective tissue called fascia. All of these connective tissues can be referred to as "soft tissues."

Soft tissues help to mobilize your joints and give your body the strength it needs to perform tasks. Your soft tissues provide you with the ability to do many things; however, they also limit you from pushing yourself too far — even if that's your intention. These can be damaged by certain stresses, especially those caused by the repeated actions within athletic activity. Massage therapy can help

to loosen up your muscles, and may even prevent future injuries from occurring.

Massage therapy promotes tissue healing, so you can get back to living your life as quickly as possible. By working to mobilize, loosen, and relax your muscles, you can help them stay limber. This will decrease your risk of future strains, sprains, and ruptures.

**Contact Us Empower Physical Therapy  
Today For Massage Therapy**

Your soft tissues work hard to make sure your body is functioning correctly, so it is important to help optimize their health and function. If you are looking for a massage therapist, contact us now and schedule an appointment. Our therapists are happy to discuss our massage service with you and how it will benefit your life. Call today!

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## STAFF SPOTLIGHT

### RESE ANDERSON

#### Massage Therapist

Meet Reese Anderson, our esteemed Massage Therapist whose passion for rehabilitative bodywork has been evident throughout her impressive career. With over 15 years of experience and an astounding 25,000+ hours of bodywork, Reese is a licensed expert dedicated to addressing various ailments. Her expertise extends to treating issues arising from overuse, post-operative rehab, injuries, chronic pain, body mechanics, and postural imbalances. What sets Reese apart is her innovative approach to bodywork. She seamlessly blends intuitive techniques, drawing from her extensive knowledge of body mechanics, functional movement, fascia patterns, trigger point treatment, and insights from Chinese medicine. Her treatments are not only dynamic but also remarkably effective. Communication is at the core of Reese's practice. She values open dialogue, actively seeking and incorporating your input, lifestyle, and needs into each treatment. This personalized approach ensures that you receive the highest quality of care tailored to your unique requirements. Reese's commitment to holistic wellness is evident in her own lifestyle choices, which include yoga, weightlifting, and dance. This dedication inspires her to continuously improve and translates into diverse treatment options for you. Whether through gentle firm pressure, lighter fascia work, deep tissue massage, cupping, guasha, or even incorporating active movement, Reese is devoted to helping you do what you love.

With a primary focus on YOU, Reese is dedicated to helping you achieve your wellness goals and live your best life. We are confident that her advanced bodywork treatments will open up a world of possibilities for your health and well-being. Welcome to a transformative experience with Reese Anderson at Empower Physical Therapy!

# EMPOWERED PATIENTS

"I was in PT for about 4 months for my back and pelvic floor. What I loved about Empower Physical Therapy is the therapists did not just throw a bunch of exercises at you and send you away after the session. They took their time to explain what the purpose of each exercise is, how it helps correct your body, and the proper way to do it. They taught me that there are additional avenues to manage pain when incorporated into your lifestyle. They are patient, very thorough, thoughtful and kind.

The front desk staff was always friendly to me, even on my worst days. They took the time to make sure I was comfortable prior to starting my session and that everything was right with insurance so there were no surprises.



I believe you get as much out of something as you put in. I've gained so much knowledge about my body and the exercises taught to me have helped me get back into the things I like to do."

**-D.B., actual 5 star review**

## WE'RE HERE FOR YOU!

### ARE YOU IN PAIN? COME SEE EMPOWER PT!

*Schedule your appointment today!*

[Schedule An Appointment](#)



♥ SPECIAL OFFER ♥

## Valentine's Treat

For the month of February, indulge in relaxation with our special massage offer at just \$89 (regularly \$120) when you present this newsletter! Treat your sweetheart to a perfect Valentine's Day gift of tranquility and rejuvenation.

COME BACK TO PHYSICAL THERAPY! WASILLA: 833.605.1928 & ANCHORAGE: 833.799.1296