

Health+Fitness

NEWSLETTER

Courcier Clinic's new location is on the Oklahoma City-Edmond line, located at 14017 N. Eastern Avenue, Edmond, OK 73013



DETERMINING THE ORIGIN OF YOUR PAIN

Determining The Origin Of Your Pain

How Can Physical Therapy Relieve My Chronic Pain?

Healthy Recipe
Try this healthy recipe the whole family will love!

Is pain or injury keeping you from enjoying life? Schedule your consultation with a physical therapist today by calling 405.478.5333!



RIBBON CUTTING CEREMONY FOR COURCIER CLINIC ON 03/10/21!

Determining the Origin of Your Pain

Different types of pain can tell you different things about your body and health. Sometimes, pain in your arm or your leg may have little to do with an actual issue in your arm or leg. This is where a physical therapist can be of help!

Physical therapists are well-trained detectives when it comes to identifying the causes of pain. They can identify the potential causes of pain, even if the pain is manifesting itself in an unusual way.

Whether you are suffering from pain in your head, your back, your neck or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for. To learn more, contact Courcier Clinic about the benefits of sequenced manual therapy, and how they can help you find and beat the source of your pain.

Understanding where your pain is coming from

When you meet with a physical therapist, one of the first things you'll do is have a conversation about your pain.

How long you've been experiencing pain, where it developed and how the pain manifests itself are all very important distinctions that can help shed some light on what may be causing your discomfort.

Here are a few things you may want to consider before heading into physical therapy:

Consider exactly where the pain occurs in your body. For example, back pain has a lot of different differentiations, and lumbar pain (which is in the lower back) is frequently caused by factors different from what would cause upper-back or neck pain.

How does the pain feel when it develops? Is it a lingering ache? Is it more of a tingling feeling? Each of these sensations are actually associated with different types of problems, so describing your pain appropriately may be helpful in determining the best treatment methods for your body's needs.

What do you think may be causing the pain? More often than not, there is something that you think could be influencing it. If the pain started around the same time as a change in environment or life circumstances, then it is worth telling your physical therapist about the association.

Another thing to consider about your pain is whether or not it develops at particular times of the day or year. There are plenty of situations when someone begins to experience pain when the weather starts to change, and it turns out that the pain is a result of arthritis and inflammation.

Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain.

Call Courcier Clinic at **405.478.5333** to schedule your appointment today!
Visit **courcierclinic.com** for more information.

HOW CAN PHYSICAL THERAPY RELIEVE MY CHRONIC PAIN?

Physical therapists are trained in identifying and treating the cause of your pain, giving you the opportunity to shift away from the ongoing use of pain medication and instead find relief from your pain.

Courcier Clinic provides a variety of treatment methods to help pinpoint and resolve our patient's pain. Our therapists can perform a comprehensive evaluation through diagnostic testing to address the musculoskeletal system and determine the area that is not moving or working to the fullest potential.

Diagnostic testing

Diagnostic testing performed at Courcier Clinic can evaluate the condition of your nerves and identify the location and severity of your pain problem, as well as the prognosis for your condition.

Our practice often utilizes EMG testing for our patients. These tests can be an invaluable tool to determine various conditions that can affect your nerves and muscles, which will help us to manage your care more effectively.

We also use joint ultrasound testing, or MSKUS. This is a non-invasive, safe musculoskeletal ultrasound that offers real-time imaging, allowing for more thorough examinations and a more accurate identification of your pain. It also gives our therapists the ability to capture the movement of musculoskeletal components, which allows for more accurate diagnoses.

How does sequenced manual therapy work?

Sequenced manual therapy focuses on the area of greatest restriction or problem. When the reason for your pain is determined, we assist you through movement to regain optimal function in each joint, muscle, or fascial/connective tissue layer. Using gentle techniques, your therapist can move through targeted layers of your body to remove barriers to healing.

A few of the sequenced manual therapy techniques that may be incorporated into your treatment are as follows:

- Soft Tissue Mobilization
- Deep Tissue Mobilization

- Muscle Energy Release
- Functional Movement
- Direct Mobilization

Passive Range Of Motion or Active Assisted Range Of Motion (depending on your needs.)

To find out if sequenced manual therapy can help to ease your pain, contact Courcier Clinic today.

Let Courcier Clinic ease your discomfort

Regardless of where your pain is, how long you've been dealing with it, or how intense it may be, the smart 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 and find treatment options that are designed to provide you with long-term relief.

For more information about physical therapy for overcoming bodily pain, contact us to set up an appointment!

Call Courcier Clinic today at 405.478.5333 or visit courcierclinic.com to see how we can help you get back to a pain-free life.

Courcier Clinic Will Be Offering A SHOULDER PAIN WORKSHOP!

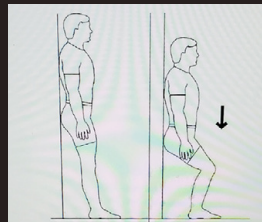


Jeff Courcier will be teaching a Shoulder pain workshop on April 14, 2021 at 6 PM. This will be an informative workshop for people to learn how Physical Therapy can help relieve your shoulder pain and improve your function! **Call 405-478-5333 to reserve your spot today!**

Exercise Essentials

MINI WALL SQUAT

Lean on a wall with your feet approximately 12 inches from the wall and shoulder distance apart. Bend knees down to 45 degrees and hold for five seconds. Return to the starting position. Perform three sets of ten repetitions once a day. Rest for a minute between each set and perform one repetition every four seconds. The mini wall squat is functional and can be done anywhere. Breath deep during this exercise & focus on posture.



Don't hesitate to give us a call at 405.478.5333 If you are unsure what you are doing!

TIPS FOR PLANTING A POTTED HERB GARDEN

As the weather begins to warm up, we are all looking for fun activities to get us out of the house. At Courcier Clinic, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

Discover what herbs will work best for you.

Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

Make sure you have enough room for each herb to grow and thrive.

A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano

Make sure your herb garden is in the right light.

For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.



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Patient Success Spotlight

"I've gotten more pain relief and help from you, here in Physical Therapy, than anywhere else I've ever been. You're knowledgeable about my back problem and you show kindness in your care. I recommend you to my co-workers and friends all the time." — C.L.

Love Us?
Leave us a review!



Scan the QR Code with your smartphone's camera to visit our Google reviews page and tell the world about your experience!

Healthy Recipe

The Best Low Carb Green Smoothie



INGREDIENTS

- 1 1/4 cups of unsweetened vanilla almond milk
- 2 Ice cubes
- 2 cups of spinach
- 1/2 of an avocado
- 1 tbs of roasted flax seeds **they must be roasted for this recipe*
- 4-5 drops of vanilla stevia

DIRECTIONS

Blend everything up in a blender. Pour into a glass and enjoy right away.

<http://www.delightdinnoms.com/2013/03/the-best-low-carb-green-smoothie.html>