

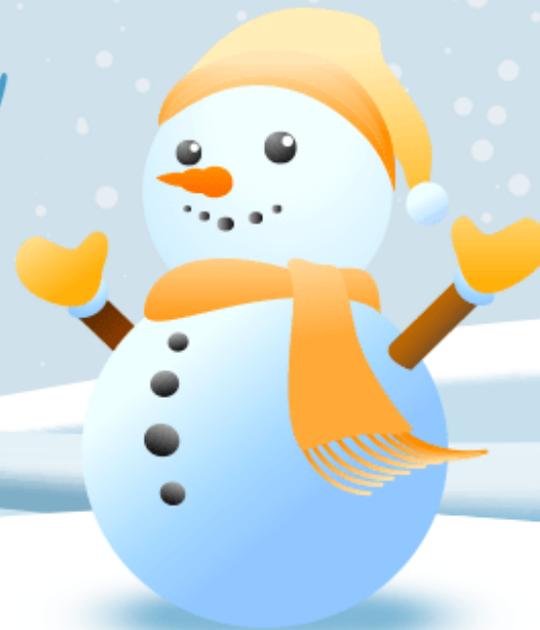


# 21<sup>st</sup> CENTURY REHAB<sup>®</sup>

Work **well**. Play **well**. Live **well**.

*December Newsletter*

*Season's  
Greetings!*



*Merry Christmas to you and your family  
from all of us at 21st Century Rehab!*

The end of the year is a perfect time to appreciate the amazing

people in our lives. For us at 21st, that means you! Thank you for choosing us as your health-care provider. Without you, we wouldn't be able to do what we love: helping people be well. It's a pleasure to serve you.

Dentist- check.  
Oil Change- check.  
Physical Therapy Checkup-  
Che... wait a minute...

Some habits we continue without question. Ever since you were young, you got your teeth cleaned by your dentist, your oil changed by your mechanic, and maybe you had a check up with your pediatrician.



But what you probably haven't considered, is none of those providers are specifically trained to assess your musculoskeletal system, which is essential to good health! It includes your muscles, bones, cartilage, tendons, ligaments, joints, and other connective tissues.

How do you make sure these fundamental structures are in good shape? Call a physical therapist to schedule a checkup. As we near the start of 2019, there's no time like the present to make sure you're staying healthy.

[Read More](#)

## Opioids: Your Only Option?



**AVOID ADDICTIVE  
OPIOIDS. CHOOSE  
PHYSICAL THERAPY  
FOR SAFE PAIN  
MANAGEMENT.**

**#ChoosePT**

No one wants to live in pain. But no one should put their health at risk in an effort to be pain free. Doctor-prescribed opioids are appropriate in some cases, but they just mask the pain—and opioid risks include depression, overdose, and addiction, plus withdrawal symptoms when stopping use. That's why the CDC recommends safer alternatives like physical therapy to manage pain.

Physical therapists treat pain through movement, hands-on care, and patient education—and by increasing physical activity you can also reduce your risk of other chronic diseases.

Pain is personal, but treating pain takes teamwork. When it comes to your health, you have a choice. Choose more movement and better health. Choose physical therapy!

Text for article and graphic courtesy of the APTA

More on Relieving Pain with PT

## What's Your Story?

"I had pain everyday for almost a year. When I came in, I was skeptical that I could be helped- mostly because injections and pain killers worked but only temporarily.

I have been given core strengthening exercises, and I will continue to do them because I know now they work. I have been virtually pain free for about one week now- it's amazing! Thanks to the wonderful 21st Century Rehab staff."



-Lori H, Carlisle

# Work **well.** Play **well.** Live **well.**

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When you're in pain, the last thing you should be worried about is how far out of your way you'll have to go to get relief. Fortunately, no matter where you are in central Iowa, you're close to 21st Century Rehab. Our many locations, quick scheduling and flexible hours are certainly convenient, but it's the quality of therapy we provide and the way we care for you that will make the difference in your recovery.

[Find Your Nearest Location](#)

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