

Resources

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Finding Jaw Pain Relief With Physical Therapy

Pain and discomfort in the jaw, facial area, and neck can greatly impact one's ability to go about day-to-day activities. Temporomandibular dysfunction, or TMD, includes disorders relating to or caused by the temporomandibular joint (TMJ).

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Posted on 2023-05-16

Tips To Stay Pain Free While Gardening



. For many, gardening is a therapeutic and rewarding activity. The fresh air, clean garden bed, and vibrant plants sure
other things, it is possible for gardening to cause some aches and pains. In fact, it is a little more common than you'd t

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Posted on **2023-04-27**

Top Two Causes of Winter Injuries (And How To Avoid Them)



Elite Sports Medicine and Physical Therapy brings something better to physical therapy in Kansas City, and we wan
the winter months include slipping and falling on the ice, and various injuries from shoveling snow. All of u...

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Posted on **2021-02-10**

How To Stay Injury and Pain Free While Raking Leaves



It may come as a surprise to some, but getting injured while performing yard work is more common than you may think despite raking leaves this fall. Avoid back pain, shoulder pain, neck pain, and wrist pain with this information! . [SHOW](#)
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Posted on **2020-10-15**

Three Ways to Revamp Your Running Routine



All too often we have clients at Elite Sports Medicine & Physical Therapy with the goal of beginning a running routine only to find they don't only enjoy it more, but improve your endurance without even thinking about it. 1. Find A Running Buddy. Often times

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Posted on **2020-06-30**

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