



NATIONAL
Physical
Therapy

Health & Wellness

NEWSLETTER



FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Have you noticed your neck seems more sore at the end of a long workday? Have you been in an accident and still have neck pain? If you are suffering from the debilitating effects of neck pain, you may benefit from an assessment by one of our physical therapists at National Physical Therapy.

Approximately one-third of the population will experience neck pain in any given year, worsening if left untreated. In severe cases, they may even need surgery.

The neck is essential in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in your neck can cause various symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

The neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your

normal, pain-free function. Call National Physical Therapy today to get the relief you deserve!

The Most Common Causes of Neck Pain

The most common causes of neck pain are sprains and strains resulting from prolonged postures, repetitive movements, or some form of trauma (i.e., car accidents or sports injuries).

More severe impairments of the neck are often related to degenerative changes, disc pathology, or nerve injuries. Often it is a combination of multiple factors and injuries.

Poor postural habits like a forward head posture will place extra stress on the tissues and joints of the neck.

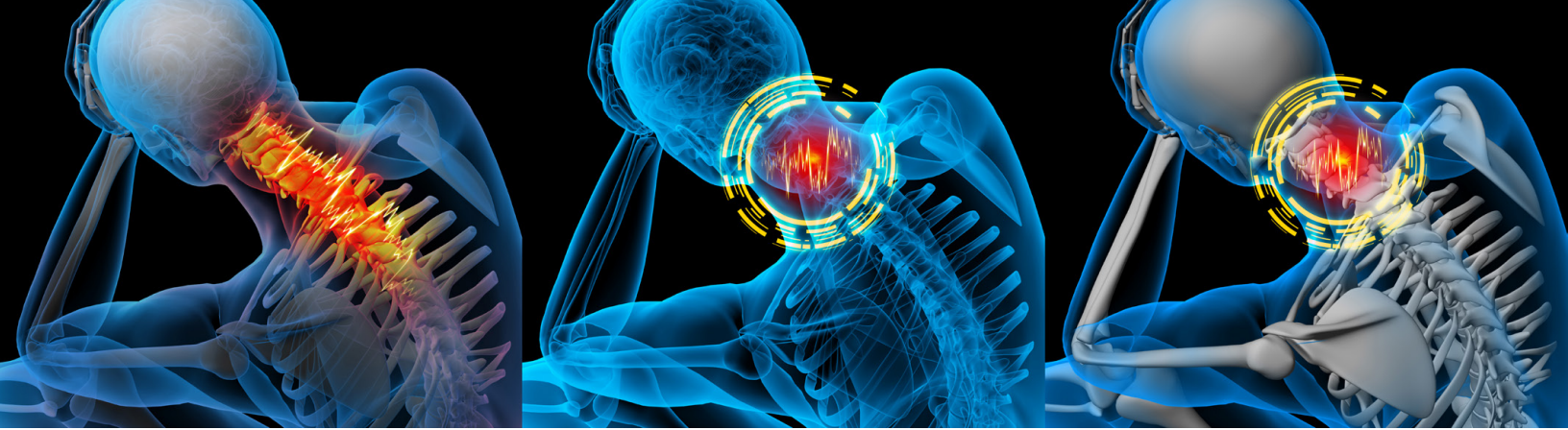
Trauma, including a fall or some impact like a sports collision or whiplash from a car accident, can lead to neck pain and loss of mobility.

ALSO INSIDE:

- Healthy Recipe!
Watermelon Cucumber
Lime Refresher

- Success Story
- Exercise Essential to
Stretch Your Neck

Visit us at www.nationalphysicaltherapy.com today!



Due to aging or previous injury, degenerative changes make us more susceptible to disc herniations, nerve irritation, and restrictions in the ability to move.

The key to treating neck pain is finding a solution. Our physical therapists are experts at identifying the cause of your pain, how to resolve it and how to prevent it from returning!

How Does Physical Therapy Help With Neck Pain?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. Our therapists emphasize education and instruction on effective exercises and proper posture.

Our main goals are to:

- Reduce pain and improve motion with manual therapy techniques
- Improve mobility through postural education and targeted movements/stretchers
- Improve strength to help you return to normal functioning in daily activities
- Educate you on strategies and techniques to minimize the risk of recurring pain
- Minimize and/or eliminate the use of medication or surgery

Your therapist will perform a thorough assessment to identify the source of your problem and the solutions that work most effectively. We will then use the information obtained from this assessment to recommend specific neck exercises and advice on which postures are beneficial and which ones to avoid for long-term success.

What to Expect During Your Physical Therapy Visits

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that your neck pain may cause. They will then design a treatment plan based on your individual needs. Our primary focus is helping you overcome discomfort and limitations as quickly as possible,

so you can get back to living your daily life without worrying about pain.

Physical therapy can help significantly reduce your neck pain by implementing the following:

- Manual therapy treatments which consist of special techniques designed to reduce the stiffness in the neck and improve the range of motion.
- Targeted exercises focusing on restoring your neck joint mobility and strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving your posture when sitting and standing.
- Improving the coordination of your neck muscles.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation. Our team of therapists is dedicated to finding solutions that work!

Contact National Physical Therapy for Neck Pain Relief!

If you have been suffering from neck pain, don't hesitate to contact National Physical Therapy today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs.



BOOK NOW!

Tell that pain in the neck "goodbye!"

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150268/>; <https://pubmed.ncbi.nlm.nih.gov/28436583/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>; <https://www.jospt.org/doi/10.2519/jospt.2017.0302>

Visit us at www.nationalphysicaltherapy.com today!


EXERCISE ESSENTIALS

CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Try This Exercise to Stretch Your Neck

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



 **PT WIRED** www.ptwired.com Always consult your physical therapist before starting exercises you are unsure of doing.

HEALTHY RECIPE

WATERMELON CUCUMBER LIME REFRESHER

Per each serving:

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced



Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

Source: www.tasty.co/recipe/watermelon-cucumber-lime-juice

SUCCESS STORY

“Very caring, professional employees. This is my third time being there and am sure they will get me fixed up in no time. Amanda, Sue and Cathy are great.”

— *Patricia F.*



TELL US HOW WE DID!

Help us reach more people in our community by leaving us a review for your treatment location!

Thank you for your support!

 **REVIEW US!**



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SCHEDULE AN APPOINTMENT

OR CLICK TO BOOK!

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