



NEWSLETTER



RID YOUR NECK OF NAGGING PAIN TODAY

OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

MYOFASCIAL RELEASE

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RID YOUR NECK OF NAGGING PAIN TODAY

Do you have trouble holding your head up while sitting at your desk? Do you notice pain when tilting your head down to look at your phone or tie your shoes? Do you find it difficult to get comfortable when lying down to go to sleep at night? At Wise Physical Therapy, our physical therapists can help you find relief for your neck pain once and for all!

Neck pain is common among adults, affecting up to 70% at some point in their lives. Unfortunately, a third of these people will develop chronic neck pain (i.e., pain that lasts longer than three months).

Even small amounts of pain can lead to a downward spiral in the quality of life, energy, and overall well-being. Fortunately, physical therapy can help resolve the pains in your neck!

If you're struggling with pain and discomfort in your neck, contact Wise Physical Therapy today to schedule your consultation.

What are the most common causes of neck pain?

The neck is an integral area of everyday movement. Pain can prevent you from functioning correctly in your day-to-day life. Your neck relies on proper posture, flexibility, strength, and coordination to tolerate your normal activities and more advanced sports and recreational pursuits. In our daily lives, we place tremendous strain and demand on our necks. Stress and poor posture can lead to long-term pain and dysfunction.

The most common causes of neck pain include sprains and strains to the muscles, tendons and ligaments. Often the exact reason you are experiencing neck pain remains a mystery. Our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief.

Some of the more common causes of neck pain include:

Poor posture. Prolonged periods spent slouching while working on a computer lead to a forward head posture, which puts extra stress on the neck. Looking down at a phone may also cause pain.

Sleeping in an awkward position. Holding the head at a wrong angle during the night can lead to a stiff neck in the morning.

Repetitive motions. Turning the head repetitively, such as side to side while swimming, may lead to irritation of the neck's muscles and joints.

Trauma. Any fall or impact, such as a sports collision or whiplash from an auto accident.

(Continued Inside)

(907) 562-2118

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACHES AND PAINS!**

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HOW PHYSICAL THERAPY CAN HELP YOU RELIEVE YOUR NECK PAIN

Our physical therapists are movement experts equipped to identify and treat the primary source of your neck pain. They will analyze your posture, movement, and problem areas to determine the best course of treatment for your needs.

Our treatment plans focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination. Your diagnosis will determine the make-up of your program and may include any combination of manual therapy, targeted stretches, exercises, activity modification, or posture recommendations.

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

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- 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!

What to expect at physical therapy

The main emphasis of physical therapy is education and instruction on effective exercises and proper posture. Our goals include:

- Reduce pain quickly through postural education and targeted movements/exercises
- Return to normal functioning in daily activities
- Minimize the risk of recurring pain (avoid painful postures and movements)
- Minimize the use of medication or surgery to eliminate pain



Your therapist will perform a thorough assessment to identify the category for treatment. They will then use the information obtained from this assessment to recommend specific neck exercises and advise on which postures are beneficial and which ones to avoid. These exercises allow you to identify how to resolve your current symptoms and possible future symptoms.

Contact us today

If your neck pain has limited your daily life, don't wait any longer to seek help. At Wise Physical Therapy, our physical therapist will work with you to understand your goals and expectations to develop your personalized treatment plan. We are dedicated to providing you with the tools you need for recovery and relief!

Contact us today to schedule an appointment.

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>

HOW ARE WE DOING? LET US KNOW!

We can't wait to see you again! In the meantime, please leave us a review and let us know how we've been doing. We look forward to seeing you again soon!



CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

EASY PICO DE GALLO

INGREDIENTS

- 5 whole roma tomatoes, diced
- 1/4 large yellow onion, diced
- 1/4 cup cilantro, minced
- 1/2 large jalapeño pepper, minced (& seeded for milder taste)
- 2 tbsp freshly squeezed lime juice
- 2 cloves garlic, minced or pressed
- salt to taste



DIRECTIONS

To make, place all ingredients into a large bowl. Mix and season with salt, to taste. Cover and place in the fridge until you are ready to serve it with your grilled masterpieces!

EXERCISE ESSENTIALS

TRY THIS EXERCISE TO RELIEVE NECK PAIN.

SIDE NECK STRETCH

Place one hand on the side of your head, then pull your head towards your shoulder. Hold for 15 seconds and repeat on both sides.



PATIENT SUCCESS STORY



"I had major neck surgery following a motor vehicle accident. Surgery was successful, but I had a lot of pain and was referred to Wise Physical Therapy where I received excellent care and experienced much pain relief!" - **S.B.**



Do You Have Friends Or Family That Can't:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!



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"Our Mission is Movement!"