



NEWSLETTER

# FIND RELIEF FOR PERSISTENT NECK PAIN

WITH PHYSICAL  
THERAPY

## OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

MYOFASCIAL RELEASE

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## 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 Wise 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 Wise 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. 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?

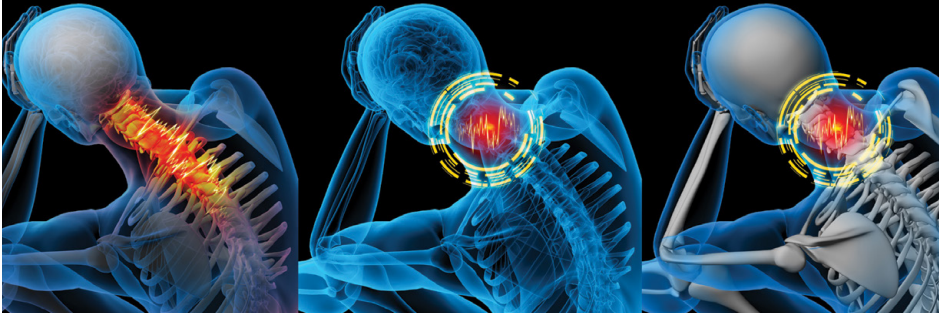
Physical therapy has proven successful in relieving long-term symptoms in patients

**Call Us Today (907) 562-2118**

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

[www.wisept.com](http://www.wisept.com)

# HOW PHYSICAL THERAPY CAN HELP YOUR PERSISTENT NECK PAIN



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/stretches
- 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 WISE PHYSICAL THERAPY FOR NECK PAIN RELIEF!

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

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. Scan the QR code to go directly to our Review Us page. We look forward to seeing you again soon!*



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

# EXERCISE ESSENTIALS

## CERVICAL RETRACTION AND EXTENSION WITH TOWEL

### Stretches 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.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

# PATIENT SUCCESS STORY



"Finally somebody has been able to help me with my 2019 automobile wreck Injuries. What an awesome place. The whole world needs to know about this place, if you choose to Be the best you can be."

— Terrie P.

## SLOW COOKER PUMPKIN PIE OATMEAL

- cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin puree
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt



Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.

Source: <https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal>



### Do You Have Friends Or Family Who 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!"**