



FINDING RELIEF FROM NECK PAIN



INSIDE:

- What Is The Cause Of Your Naggng Neck Pain?
- Exercise To Do At Home
- Patient Success Spotlight
- A Moment With Kruckeberg



FYZICAL[®]
Therapy & Balance Centers

AUGUST, 2021

NEWSLETTER

www.fyzical.com/mattoon-il | www.fyzical.com/sullivan-il



STAY A NECK AHEAD OF YOUR CHRONIC PAIN!



Neck pain can be both debilitating and terrifying. When you experience an injury that leaves your neck in severe pain, the thought of not being able to freely turn your head is overwhelmingly stressful. What's more, the pain itself is unbearable, and since the neck is so sensitive to injury, it is important to be as careful as possible in finding treatment and solutions for the pain.

It is incredible to realize how common neck pain is — especially among American adults! More than two-thirds of U.S. adults will develop neck pain at least once in their life, and the reasons for the neck pain are as varied as the population of the nation itself. Injury, muscle strain and even stress can cause significant pain in the neck and upper back. If you aren't careful, a neck injury can lead to chronic pain, and it is even possible for chronic headaches like migraines to develop as a result of regular neck pain.

There are a lot of different ways that you can relieve neck pain, but the best treatment for your personal needs depends entirely on the type of injury that you've experienced.

Here is a quick breakdown of what could be going on to cause your neck pain:

If your pain is developing gradually over time and is not the result of any particular injury that comes to mind, then it may be a result of degenerative disc disease. When this develops, you may experience chronic neck pain as a result of fluid-filled sacs that are becoming weakened over time as a result of stress and strain. Physical therapy can help alleviate the pain from degenerative disc disease by helping restore blood circulation and improve range of motion in the neck. This therapy is approached in a careful and deliberate way so as to not cause further pain in the neck region.

Sometimes, neck pain develops after a particular injury, such as due to accident or even as a result of a car accident or a slip and fall accident. When this happens, your pain could be a result of a muscle strain or sprain. When this is the case, then using traditional methods like hot and cold therapy and targeted physical therapy treatment can do a lot of good to alleviate the pain. However, attempting exercises on your own could also result in further pain.

WHAT IS THE CAUSE OF YOUR NAGGING NECK PAIN?

In some cases, mechanical neck pain can develop as a result of a change in the neck joints. This may develop as a result of a disc collapsing, which causes the space between the bones to become narrow, often causing bones to strike one another, resulting in pain. When this isn't addressed, mechanical neck pain can spread, causing the pain to become more severe and covering a wider range of the neck.

Finally, neck pain is sometimes caused by radiculopathy, which refers to pressure or irritation in the nerves of the neck, which alters the electrical signals in the neck, causing you to feel more pain throughout the day. Physical therapy can help reduce the pressure and irritation surrounding the nerves, often offering immediate relief from pain and discomfort.

These are just some of the frequent causes of neck pain. It is important that you never assume that your neck pain is being caused by one or another of these issues, and that you instead always work with a licensed and experienced physical therapist to determine the precise cause of your pain and discomfort.

CONTACT US!

MATTOON: (217) 345-1245

SULLIVAN: (217) 728-8100



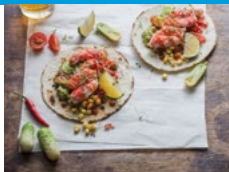
Is Your Neck Pain Caused by Sleep Issues? There is one more factor that often is not spoken about, but it's a frequent cause of neck pain and discomfort: sleeping issues. Sometimes, sleeping in a certain position or sleeping on a mattress or pillow that is too soft or too hard will lead to neck pain. Oftentimes, this pain will appear to be chronic, as the sleeping issue is likely something that you experience day after day, causing the pain to return regularly.

It may be helpful to rule out sleeping concerns as a reason behind your neck pain by assessing your sleeping conditions and making any changes that you think may be necessary. Adjust how many pillows you sleep on, the position you sleep in or even your mattress! [For more support in finding relief from neck pain, talk to your physical therapist.](#)

CRAB TACOS

INGREDIENTS

- Tortillas
- For the filling
 - 50ml mayonnaise
 - 200g brown crabmeat
 - Juice ½ lime
 - 1 small fennel bulb, finely sliced
 - ½ cucumber, halved lengthways, deseeded & sliced
 - Small bunch fresh chives, finely chopped
 - Small bunch fresh coriander, roughly chopped
 - 2 spring onions, finely sliced
 - 300g white crabmeat
- For the tomato salsa
 - 200g cherry tomatoes, quartered
 - ½ red onion, very finely diced
 - Juice 1 lime
 - Handful fresh mint, finely chopped
 - Coriander & mint leaves to garnish and lime wedges to serve



DIRECTIONS

Mix all the filling ingredients except the white crabmeat, then taste and season. Mix all the ingredients for the salsa in a bowl and season well. To assemble, fill a tortilla with some of the filling mixture, then top with some white crabmeat and a dollop of salsa. Garnish with a few herb leaves, then roll up the tortilla.

Recipe: <https://www.deliciousmagazine.co.uk/recipes/crab-tacos/>

HOW CAN PILATES KEEP YOU HEALTHY?



Pilates has several health benefits. It improves motor control, reinforces postural alignment, strengthens joints and muscles, and can also decrease stress levels. By focusing on the core, Pilates can amplify your center of balance and promote an even musculature throughout the body. This treatment is effective for a large number of neurological and orthopedic issues. Some of the most common conditions treated with Pilates include:

- Arthritis.
- Balance issues.
- Multiple sclerosis.
- Spinal cord injuries.
- Brain injuries.
- Joint injuries
- Stroke.

PATIENT SUCCESS SPOTLIGHT

“When I started I had trouble with dizziness. The therapy has completely stopped the dizzy spells. The exercises helped with my stiffness in the neck. The therapist was very gentle and thorough. He helped with all aspects of my problem.”



A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

Summer is in full swing and we have heat, rain, lawns, gardens, and of course weeds. We do enjoy it though. If not for the activity it is something new to complain about i.e. 2 months ago it was “too cold” and now it is “too hot”.

Our Sullivan office has now moved down the street to 2 E. Harrison. The layout of the suite is the same as the old office at 18 W Harrison but gone are the dark panels and unfortunately some storage. The ceilings are higher and make the office feel larger.



My son, Keegan and I, applied the signage on the front window. The vinyl is perforated so it can be seen through from the inside but not from the outside. The view is more expansive and busier with the courthouse across the street. The best part of the signage is it blocks out the heat.



I guess the office move was preparing me for helping with Keegan's move from Carbondale to Springfield. He is waiting until the last minute to move so it will be fast and furious. He will have

3 other housemates and all are medical students so no this will be a no goof-off zone, (we hope). He starts class the next week after he moves so no rest available there.

Exercise To Do At Home

Stretches neck

LEVATOR SCAPULAE STRETCH (OVERPRESSURE)

Sit in a chair with the hand on the side of the neck to be stretched beneath you. (Alternatively, you can grab under the chair.) Use your free hand to gently pull your nose down toward your armpit so as to give your neck an extra stretch. Hold for 5-10 seconds before relaxing the muscle for another 5-10 seconds. Repeat 2-3 times.

SimpleSet Pro
www.simpleset.net



Are you in pain? Have you sustained an injury? **Give us a call today to schedule an appointment!**

MATTOON:
(217) 345-1245

SULLIVAN:
(217) 728-8100



FYZICAL
Therapy & Balance Centers