



# FINDING NECK PAIN RELIEF AT FYZICAL

READ ON TO LEARN MORE!

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# IS NECK PAIN LIMITING YOU FROM AN ACTIVE LIFE?

## PHYSICAL THERAPY CAN HELP!



Do you notice you have trouble turning your neck to look over your shoulder? Has holding your head up while sitting at your desk gotten harder and harder? What about at night, when you're in bed trying to get comfortable enough to fall asleep? At FYZICAL, 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. Even small amounts of pain can impact your quality of life. Fortunately, physical therapy can help resolve the pains in your neck!

You don't have to continue searching the internet for quick fixes for your problem. Your pain relief journey starts here! If you're struggling with pain and discomfort in your neck, contact FYZICAL today to schedule your consultation.

**What causes neck pain?** There are several common causes of neck pain, including a car accident or a slip-and-fall. There are also less dramatic causes like sitting at a desk all day or waking up with a crick in your neck. No matter the event that started the pain, there are often underlying causes that set you up for persistent neck pain.

The most common causes of neck pain include sprains and strains on the muscles, tendons, and ligaments. For others, there are changes to the disc (i.e., a specialized tissue that sits between vertebrae throughout our spine) is the source of the pain.

Bulging and herniated discs are notoriously painful and common for people that experience nerve pain. The disc and cartilage degeneration can also lead to pain and difficulty moving the neck. Fortunately, our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief.

When neck pain develops due to a pinched nerve, the pain can quickly develop into tingling or numbness in the hands, arms, and fingers. For others, nerve pain radiates upward, resulting in severe headaches, and in some cases, even migraine-like headaches.

If you're experiencing chronic pain in your neck, know that there are safer options than surgery and medication that are available to you to combat your discomfort! The answer lies at our physical therapy clinic with our highly trained team.

*(continued inside)*

# HOW FYZICAL CAN HELP YOU FIND RELIEF

*(continued from outside)*

Our physical therapists will perform a thorough evaluation starting with your medical history and details about how, when, and where your symptoms began.

Next, we will analyze your posture and movement to identify the primary source of your neck pain and the best course of treatment for your individual needs.

Our treatment plans focus on relieving your pain and improving your posture, mobility, strength, etc., educating you about managing your symptoms. Your program will likely include manual therapy (i.e., soft tissue work and/or joint mobilizations), targeted stretches, exercises, activity modification, or posture recommendations.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation.

The main emphasis of physical therapy is education and instruction on effective exercises and proper posture to resolve your current symptoms and possible future symptoms.

Each session, you will receive your therapist's full attention. We'll listen to your unique story and specific issues to help us understand your bodies' needs and then work with our hands to improve the quality of your life. The main focus is your health and wellness goals.



We know which methods will be best for your recovery, and we'll work together with you to understand the objectives and your overall expectations of therapy. The main goal is to get rid of your neck pain as soon as possible!

**Request an appointment today!** Whether your discomfort is from a chronic condition or an injury, therapy can prove to be the greatest asset to your recovery. Call FYZICAL today to schedule an appointment and get on the fast track to resolving your neck pain and get back to doing what you love!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>  
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## CONTACT US!

**MATTOON: (217) 335-4197**

**SULLIVAN: (217) 733-0539**

## GREAT NORTHERN BEAN SOUP

### INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, chopped
- 5 cloves garlic, minced
- 2 carrots, chopped
- 2 stalk celery, chopped
- 4 cups vegetable broth
- 1 large potato, chopped
- 2 bay leaves
- 1 tablespoon dried basil
- 1 teaspoon sea salt



- ½ teaspoon black pepper
- 1 pinch ground thyme
- 2 (15 ounce) cans great Northern beans, rinsed & drained

### DIRECTIONS

Heat olive oil in a stockpot over medium heat. Cook and stir onion and garlic in hot oil until the onion is tender, about 5 minutes. Stir carrots and celery into the onion mixture. Pour vegetable broth into the stockpot; add potato, bay leaves, basil, sea salt, pepper, and thyme. Bring the mixture to a boil, reduce heat to medium-low, and cook at a simmer until the vegetables are beginning to soften, about 20 minutes. Stir beans into the soup; continue simmering until the beans are hot and tender, about 20 minutes more.

## TELL US HOW WE DID!

DI DID YOU KNOW YOU CAN LEAVE A GOOGLE REVIEW WITHOUT A GOOGLE ACCOUNT?

### INSTRUCTIONS:

1. Open the camera on your smart phone
2. Center the desired QR code in the frame  
*(this will take you directly to our Google Review page)*
3. You will see one of two screens:
  - One will allow you to give a rating and write the review as usual
  - The other will ask you to sign in
4. If you see the second screen asking you to sign in, click "Create Account"
5. Then click "Use my current email address instead"
6. Tell us how we did!



**Mattoon Office**



**Sullivan Office**

## PATIENT SUCCESS SPOTLIGHT

“I had very bad balance before I came. Now I have the strength to walk and do more than I could have done before. With more strength and the ability to run, jump, and even walk in my everyday life. I’m now finally able to do sports and extra activities without pain. Thank you.”

— Lydia W.



## A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

October is always my favorite month. The weather is usually predictably mild and the air is crisp and it is my birthday month. Not that I do much in terms of celebrating any more. I remember as a child it was a huge deal as it meant that you were 1 year older and that always seemed to bestow a real or imaginary benefits and privileges. Now it seems the

only privileges are paying the bills or taxes.

Well, for better or worse our flooring is done. It will have to be seen if the cats or the dog appreciate it. I wonder how long it will take to get the corners of the room stacked up again? I am sure the piles of “important stuff” will creep up on us and we will wonder “How did that happen?”

Thanksgiving and Christmas are on the way. It somehow loses some excitement when the holiday decorations have been out on the store shelf for 6 months. Funny that there can be loads of things trinkets out on the shelf but that component to repair the dryer or stove won't be in for 6 months.

Here is wishing all a safe and happy holiday season.



## Exercise To Do At Home

Stretches neck

### SEATED NECK FLEXION AROM

Start by sitting upright in a chair. Slowly bend your head forward as far as you can. Bring your head back up. Repeat 3 sets, 10 reps each.



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

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**FYZICAL®**  
Therapy & Balance Centers