

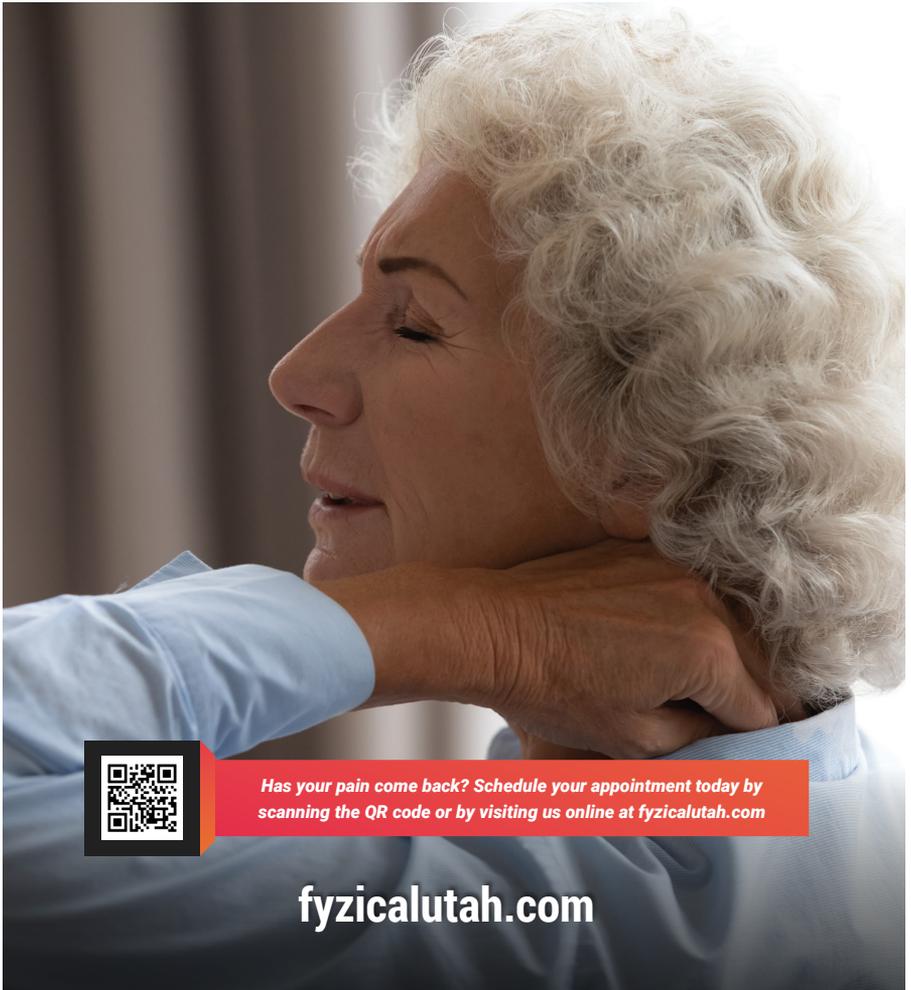


**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER

## Say Goodbye to the Pains in Your Neck with Physical Therapy



*Has your pain come back? Schedule your appointment today by scanning the QR code or by visiting us online at [fyzicalutah.com](http://fyzicalutah.com)*

[fyzicalutah.com](http://fyzicalutah.com)



## Say Goodbye to the Pains in Your Neck with Physical Therapy

Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the *Institute of Medicine of The National Academies*, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in the quality of life, energy, and overall wellbeing. Fortunately, physical therapy can help resolve all the pains in your neck. Contact Fyzical Therapy & Balance Center today to schedule your consultation.

### Why Does Neck Pain Occur?

The *American Physical Therapy Association* (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

#### Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.
- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our necks. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.

# RELIEVE YOUR NECK PAIN WITH PHYSICAL THERAPY

Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation.

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

- 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.



- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help. Contact us today to schedule an appointment. At Fyzical Therapy & Balance Center, we are dedicated to providing you with the tools you need for recovery and relief!

## Refer A Friend



## Relieve Pain In Minutes:

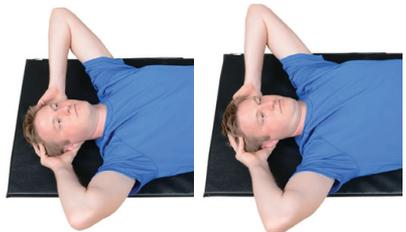
Try this stretch if you are experiencing arthritic pain.

Helps Stretch Upper Neck

 SimpleSet Pro  
www.simpleset.net

### Bilateral Suboccipital Stretch

While lying on a flat surface, put both hands behind your head, cupping the base of your skull with your thumbs. Tuck your chin downwards and apply a firm force up your skull with both thumbs to feel a moderate stretch in the back of the upper neck. Hold for at least 30 seconds.



## Do You Have Friends Or Family Unable To Do The Following?

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

Have Them Call Us Today!  
They will thank you, and so will we!

[fyzical.com/utah](http://fyzical.com/utah)

## Tips for Planting a Potted Herb Garden



As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Fyzical Therapy & Balance Center, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

**1. Discover what herbs will work best for you.** Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

**2. Make sure you have enough room for each herb to grow and thrive.** A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano

**3. Make sure your herb garden is in the right light.** For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.

### Looking for more spring activities?

For more tips, don't hesitate to contact Fyzical Therapy & Balance Center today! We can help you enjoy a fun and safe spring.

## Personalized Home Exercise Program

Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. You'll love the high-quality video content that stays in your pocket for reference and recording completion. *Reach out to us or visit our website at [fyzical.com/utah](http://fyzical.com/utah) to learn more about this program.*



- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



## Has Your Pain Come Back?

*Come back in for physical therapy!*

**Provo Address:**  
3303 North  
University Avenue  
Provo, Utah 84604  
(801) 373-7438

**Lehi Address:**  
3401 North Center  
Street Suite #200  
Lehi, Utah 84043  
(385) 309-1951

**Orem Address:**  
360 South State  
Street #C110  
Orem, Utah 84058  
(801)-850-9146

**Ogden Address:**  
1221 E 5800 S  
South Ogden, UT  
84405  
(801) 476-2000

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Schedule your appointment today by calling your nearest Fyzical clinic or by scanning the QR code to visit our website at [fyzical.com/utah](http://fyzical.com/utah)