



ARE YOU STRUGGLING WITH NECK PAIN?

PHYSICAL THERAPY CAN HELP

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PHYSICAL THERAPY CAN HELP WITH YOUR NECK PAIN!



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 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. 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 FYZICAL 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.

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

ZUCCHINI NOODLE "PASTA" SALAD



INGREDIENTS

- 5 tbsp extra-virgin olive oil
- 3 tbsp red-wine vinegar
- 2 tbsp chopped fresh oregano
- 2 tsp Dijon mustard
- ¼ tsp crushed red pepper
- 1 small shallot, chopped
- 1 clove garlic, grated
- 16 oz spiralized zucchini noodles
- 3 cups halved cherry tomatoes
- 1/3 cup pitted Kalamata olives
- ¾ cup shaved Parmesan cheese, divided

DIRECTIONS

Whisk oil, vinegar, oregano, mustard, crushed red pepper, shallot and garlic in a large bowl. Add zucchini noodles, tomatoes, olives and half the Parmesan; toss gently to coat. Divide evenly among 4 bowls; sprinkle with the remaining Parmesan.



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 FYZICAL, 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>

CONTACT US!

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 - One will allow you to give a rating and write the review as usual
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3. If you see the second screen asking you to sign in, click "Create Account"
4. Then click "Use my current email address instead"
5. You will then be directed back to the reviews page where you can submit your review no matter what email you have!



Mattoon Office



Sullivan Office

Not sure how to use a QR code? Don't worry, it's easy!

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. Tell us how we did!

PATIENT SUCCESS SPOTLIGHT

“Following a Friday the 13th rear-end car collision, I was in pain and found myself unable to live my normal life. Mr. Kruckeberg helped me restore my neck/back and get that normal living back. Thank you once again!” - **Amy H.**



A MOMENT WITH KRUCKEBERG



The New Year is rolling by fast. And with it some changes in our household. Daughter Sidney is moving out into her own apartment. It is still in town but not in the house. I imagine that she will stop by frequently and she and my wife, Robin, will burn up the phone minutes. The cats and the dog will miss her as well as I do not talk to them nearly as much.

My oldest daughter has changed jobs and is enjoying most of the change of pace. She is doing home health physical therapy which means fewer patients but lots more paperwork and lots more driving. That may be a challenge since it is still winter.



Pretty much settled into the new Sullivan office from last summer. Just like any home, always something to do. One of the things that is the same is the poinsettia from 3 years ago. The sunlight must be just right as it did not burn up and keeps growing. Hope I did not curse it by saying it.

The weather in Illinois can change on a dime so be cautious of ice. Remember the easiest injury to heal is the one you can prevent.

Exercise To Do At Home

Good stretch if you sit at a computer all day

LEVATOR SCAPULAE STRETCH

Grasp your arm on the affected side and tilt your head downward into the armpit. Use your opposite hand to guide your head further into the stretch.

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

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Therapy & Balance Centers