



FIND RELIEF FOR **PERSISTENT NECK PAIN WITH PHYSICAL THERAPY**

READ ON TO SEE HOW!

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SUFFERING FROM NECK PAIN? PHYSICAL THERAPY CAN HELP!

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 FYZICAL.

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 FYZICAL 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!

[\(continued inside\)](#)

HOW DOES PHYSICAL THERAPY HELP WITH NECK PAIN?

(continued from outside)

Physical therapy has proven successful in relieving long-term symptoms in patients 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/stretchers
- 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 at 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 FYZICAL for neck pain relief! If you have been suffering from neck pain, don't hesitate to contact FYZICAL 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>

CONTACT US!

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ROASTED POTATOES

INGREDIENTS

- 2 lbs Yukon Gold potatoes, peeled and cut into 1-inch slices
- 2 tbsp butter, melted
- 2 tbsp extra-virgin olive oil
- 2 tsp chopped fresh thyme
- 1 tsp chopped fresh rosemary
- ¾ tsp salt
- ½ tsp ground pepper



- 1 cup low-sodium vegetable broth or chicken broth
- 5 cloves garlic, peeled & smashed

DIRECTIONS

Position rack in upper third of oven; preheat to 500° F. Toss potatoes, butter, oil, thyme, rosemary, salt and pepper in a large bowl. Arrange in a single layer in a 9-by-13-inch metal baking pan. (Do not use a glass dish, which could shatter.) Roast, flipping once, until browned, about 30 minutes. Carefully add broth and garlic to the pan. Continue roasting until most of the broth is absorbed and the potatoes are very tender, about 15 minutes more. Serve hot.

<https://www.eatingwell.com/recipe/279036/melting-potatoes/>

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Mattoon Office



Sullivan Office

PATIENT SUCCESS SPOTLIGHT

“I feel very fortunate to have Fyzical and Dick Kruckeberg available in Sullivan. I have turned to Dick after all of my surgeries that have required therapy to relieve surgical pain, immobility, and some times non-surgical pain. The staff have always been supportive, professional, and knowledgeable. After therapy here I always feel relief. In the past two years, I have had foot surgery, hand surgery, two total knee replacements, and neck surgery. Dick has always known what my situation needs are. I highly recommend this Center for pain relief” — **Patricia N.**



A MOMENT WITH KRUCKEBERG



Dick Kruckeberg

School is back in session. That seems odd with the chaos that COVID spread these last couple of years. We missed in person school, graduations, and weddings. We missed seminars, meetings and church. Hopefully this now in our past even though you need to get vaccinated. Actually, I am looking forward to getting this combination of COVID/Flu

shot. I have had both and prefer neither.



“Herald of Fall”

School in session is also a call to the end of summer. We did have some hot days but by in large it was a beautiful season. The rains were heavy at times but between them and me being more consistent about watering my flowers did well. We will see how long they last through the fall.

Speaking of fall, please join us in our “Fight the Fall” campaign and call Vicky for your free fall risk evaluation.

Exercise To Do At Home

Stretches neck

DEEP NECK FLEXOR ACTIVATION IN SUPINE

Start by lying flat on your back with your head relaxed. Place your fingertips gently on the front of your neck and make sure you do not feel your surface muscles activating. Tuck your chin down toward your chest slowly without activating your surface neck muscles. Slowly untuck your chin. 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