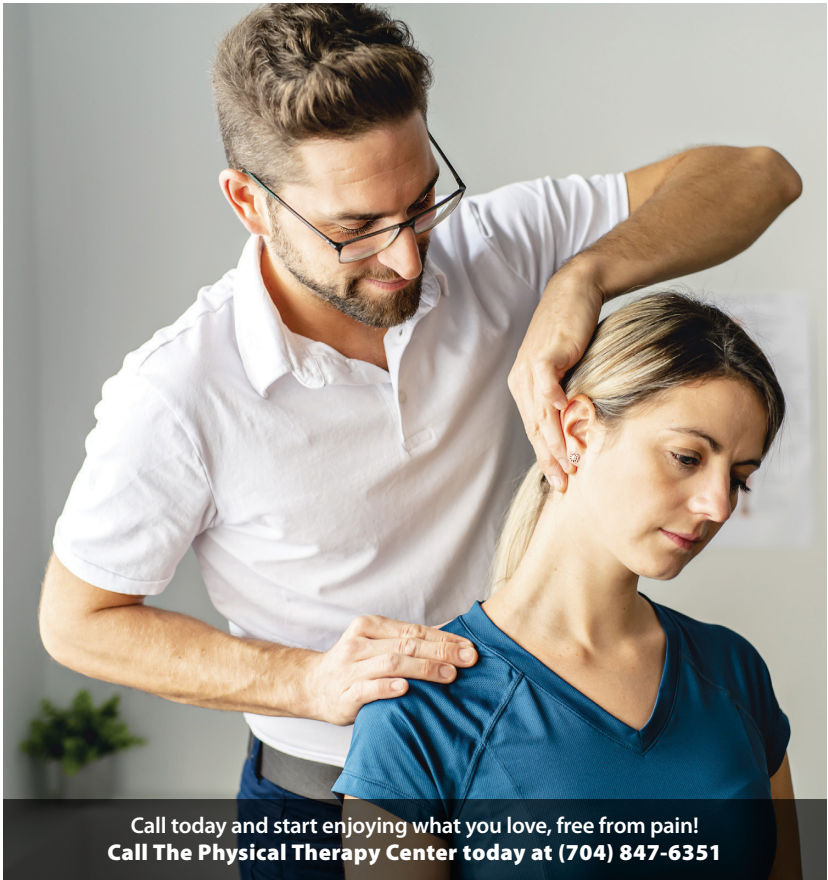




FIND RELIEF FOR PERSISTENT NECK PAIN

WITH PHYSICAL THERAPY

PHYSICALTHERAPYCENTER.ORG



Call today and start enjoying what you love, free from pain!
Call The Physical Therapy Center today at (704) 847-6351

Find Relief For Persistent Neck Pain With Physical Therapy

Are you suffering from the debilitating effects of neck pain? Approximately one-third of the population will experience neck pain in any given year, which can get worse if left untreated. In severe cases, surgery may even be needed. However, at The Physical Therapy Center, we want to do everything we can to help you avoid that.

The neck is extremely important in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in the alignment of your neck can cause a variety of symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

It is no secret that 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. In fact, thousands of people are able to find relief from their neck pain every year with the help of physical therapy.

How Does Physical Therapy Help With Neck Pain?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. This evidence is further illustrated in a 2017 qualitative systematic review conducted by the National Institutes of Health, titled "The efficacy of

manual therapy and exercise for treating non-specific neck pain: A systematic review."

This review analyzes a number of studies providing evidence for manual therapy and exercise treatments for patients with different stages of non-specific neck pain. Researchers pulled information from Medline, Cochrane-Register-of-Controlled-Trials, PEDro, and Embase.

According to the researchers, one of the major takeaway points listed in the conclusion is that "combining different forms of [manual therapy] with exercise is better than [manual therapy] or exercise alone." Results from the 23 studies chosen for review demonstrated patient success across the board when pairing manual therapy with targeted exercises for neck pain. Results conclude that physical therapy is a proven successful treatment for patients suffering from neck pain, and manual therapy and exercise methods are the most effective in helping patients regain their optimum levels of function.

The systematic review mentioned above verifies that manual therapy and exercise are two of the most effective treatments for relieving neck pain in patients. At The Physical Therapy Center, those are two methods that we commonly incorporate into treatment plans for neck pain relief, and we have noticed significant success in them.



Book An Appointment Today!

Contact The Physical Therapy Center For Neck Pain Relief!

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that may be caused by your neck pain. They will then design a treatment plan based on your individual needs. Our main 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.

Manual, or “hands-on” treatments consist of special techniques designed to reduce the stiffness in the neck and improve range of motion. Targeted exercises focus on the root of the pain, in order to strengthen, build, and improve the muscles and tissues in the neck. Treatments will focus on improving posture to aid in the recovery of the neck muscles, as well as avoiding re-injury in the future. Additional treatment services may also be included as your physical therapist deems fit, based on the nature of your condition.

If you have been suffering from neck pain, don't hesitate to contact The Physical Therapy Center today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs. **Contact us today to schedule your consultation and get started on the first steps toward saying goodbye to your neck pain!**

www.PhysicalTherapyCenter.org



Feel Better By Eating Better!

Leftover Turkey Salad Recipe

- 1 cup leftover bread stuffing
- ¼ tsp salt
- 1 cup leftover roasted vegetables
- 4 tbsp extra-virgin olive oil
- ¼ tsp ground pepper
- 3 cups mixed salad greens
- 8 cups mixed salad greens
- 1 cup leftover cranberry sauce
- 2 ¼ cups chopped leftover turkey
- 3 tsp dried cranberries
- 1 tsp cider vinegar
- 1 tsp grated orange zest

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add stuffing and cook, stirring, until crisp, 8 to 11 minutes. Set aside. Whisk cranberry sauce, remaining 3 tablespoons oil, vinegar, orange zest, salt and pepper together in a large bowl. Add greens, turkey and roasted vegetables; toss to coat. Sprinkle with the stuffing croutons and dried cranberries.

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location
(704) 847-6351

Waxhaw Location
(704) 843-7000

South End Location
(980) 833-1293

Monroe Location
(704) 283-6700



Benefits Of A Standing Desk

Did you know that standing between .7 to .15 more calories per minute than sitting does? It may not seem like a lot, but by simply standing for longer periods of time, you can easily burn more calories throughout the day. Sedentary lifestyles, such as those traditionally associated with desk jobs, can increase your risk of heart disease, obesity, or other serious health issues. However, investing in a standing desk or alternate seating option at work can help in greatly decreasing these risks!

What's The Best Desk For You?

Using a standing desk as opposed to a traditional sitting desk has been proven to lower one's chances of developing cardiovascular disease, diabetes, and obesity. Nevertheless, standing desks are not for everyone, especially those with joint or vascular conditions.

You may be asking, "doesn't standing all day long have its own implications?" The short answer is – yes. Anything without moderation can have its pitfalls. Standing can boost your energy levels, concentration, and even your mood, but if you have a traditional 9-5 job, chances are that level of productivity will dissipate after a while.

Standing for too long can cause you to run out of energy quicker and can take a toll on your physical comfort. Many medical professionals recommend adjustable desks for workplace environments, so employees can spend a large amount of their day standing or stretching, with the opportunity to rest when they become tired.



Exercise of the Month Chin Tuck Supine



While lying down on your back with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



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