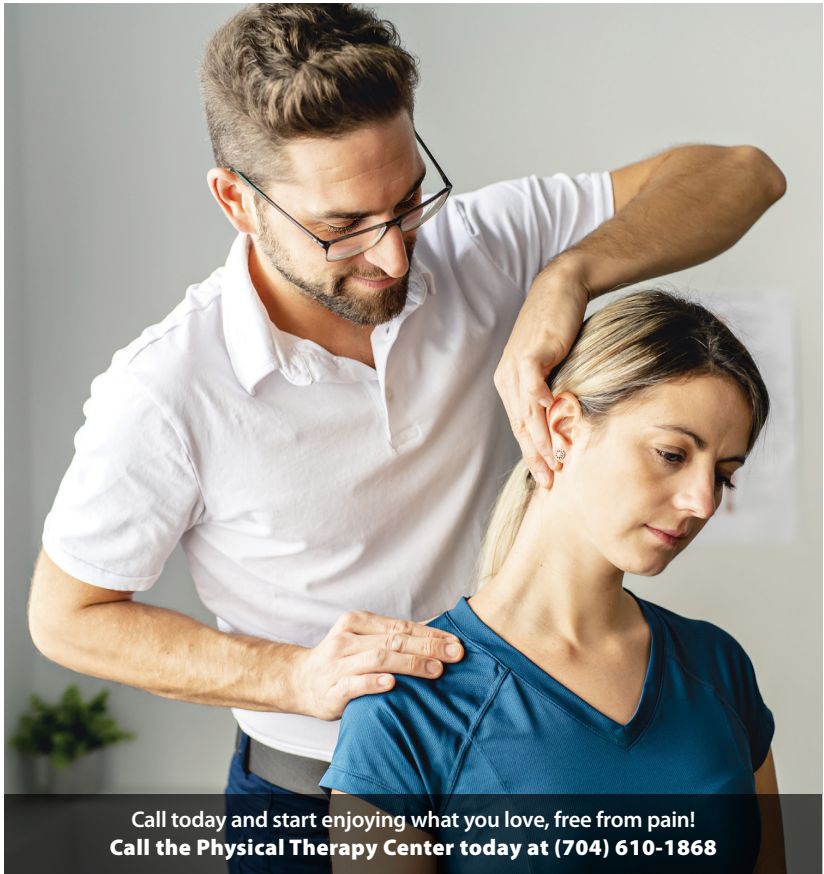




ARE YOU LIVING WITH NECK PAIN?

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

PHYSICALTHERAPYCENTER.ORG



Call today and start enjoying what you love, free from pain!
Call the Physical Therapy Center today at (704) 610-1868

Are You Living With Neck Pain?

Physical Therapy Can Help You Find Relief From Neck Pain

Do you struggle to turn your neck while driving? Are you finding it difficult to get through the day without stiffness and pain in your neck?

Physical therapy at the Physical Therapy Center can help you find the relief you're searching for!

Neck pain can be both debilitating and scary to live with. When you experience an injury that leaves your neck in severe pain, the thought of not being able to turn your head freely is overwhelmingly stressful. What's more, the pain from no apparent reason can be even more challenging to know what to do.

There are a lot of different ways that you can relieve neck pain. Our team of therapists is focused on finding the best treatment for your personal needs. Call our clinic today to learn how to help you keep living the kind of life you want with less pain and movement restrictions.



What Is Causing Your Neck Pain?

Neck pain that is the result of a sudden trauma is also known as whiplash. In most traumatic events, it is difficult to isolate a particular tissue causing the pain, and most likely, all the tissues in the neck are affected.

Identifying the cause of neck pain can be tricky because several factors contribute. The most commonly reported risk factor is working in awkward or sustained posture (i.e., sitting at a computer or working at a desk that's too low). These sustained postures or awkward positions strain the muscles that are supporting the neck.

Sleeping in an awkward position can also lead to neck pain. If the head is held at a bad angle or twists wrong during the night, a stiff neck might be present in the morning. These awkward postures can affect the joints themselves, so the movements are limited and/or painful. Joint pain can come from the cartilage, ligaments, and the disc.

Turning the head repetitively, such as side to side while dancing or swimming, may overuse the neck's muscles, tendons, and ligaments. Sometimes, neck pain develops after a particular injury, such as a car accident or even a result of a slip and fall. When this happens, your pain could be a result of a muscle strain or a ligament sprain.

It is important to note that pain is not the only symptom associated with neck dysfunction. It is also very common to have stiffness, a "crick" in the neck, tightness in the muscles of the upper back and shoulders, and even headaches from neck dysfunction.

The stiffness or range of motion impairments often come from the joint itself or the muscles surrounding it. When you experience pain turning or side-bending to the same side as the pain, you are likely dealing with a joint issue. When you turn or side bend away from the side, you have pain, which typically means you have a muscle problem. Your therapist can determine what is the likely cause of your problem and prescribe stretches to resolve it.



Book An Appointment Today!

Physical Therapy Is An Effective Solution For Your Neck Pain

Physical therapy treatments for neck pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Call The Physical Therapy Center Today!

If you're dealing with neck pain, we can help! Call our office today, and schedule an assessment. No matter what the cause of your neck pain, we have solutions for you! We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more. We offer the results you are looking for!

Source

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Feel Better By Eating Better!

Chocolate, Peanut Butter, & Banana Shake

- 12 oz water, milk, or yogurt
- 2 scoops chocolate flavored protein powder
- 1 banana
- 1 cup of spinach
- 2 tbsp of natural peanut butter
- 1 tbsp cacao nibs or dark cocoa powder

Blend all ingredients together until smooth.

Get Your Life Back with PT Center

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

Matthews Location
(704) 610-1868

Waxhaw Location
(704) 459-4269

South End Location
(980) 303-3991

Monroe Location
(704) 459-3794



Invest In Your Health This Summer!

Your health is your greatest asset; it impacts every aspect of your life. We sometimes take our good health for granted until we get sick or become injured or make unhealthy choices for the sake of convenience. Maybe we even ignore painful injuries, citing that we don't have the time or money to treat them.

The truth is, your health is an investment. Ignoring painful injuries or conditions or making unhealthy choices that seem like the "easiest" option will only hurt us in the long run and result in much more money and time spent.

You should never put off treating your pain. This could result in long-term problems that may require surgery or expensive treatments down the road. On the other hand, physical therapy is an affordable option that can help treat your pain before it accelerates to the point of no return.

Not only can a physical therapist treat your pain, but they can also make recommendations on how you can live a healthier lifestyle. If you struggle with your diet, they can provide you with nutritional guidance. If you have trouble exercising, a therapist can help motivate you to get active and prescribe you a series of personalized exercises to help combat your pain and improve your overall health.

You will be treated with compassion, empathy, and patience at our physical therapy clinic. We can get to the root cause of your pain and treat your symptoms at their source.



You don't have to live with pain. Especially not when accessible and affordable treatment options exist in physical therapy. It's time to start prioritizing the most important thing in your life— your health. **Give us a call today to unlock the relief and guidance you deserve.**

Featured Exercise *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.

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



Leave Us A Review!

Have you been loving the Physical Therapy Center? **We would love to hear!** Scan the QR code or visit our website at PhysicalTherapyCenter.org to tell us how we're doing!