



HOW STRENGTHENING HELPS BACK & NECK PAIN

PHYSICALTHERAPYCENTER.ORG



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

How Strengthening Helps Back & Neck Pain

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Physical Therapy Center, our highly trained physical therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that American adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call the Physical Therapy Center today to make an appointment. With guidance from our physical therapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!



How Muscles Affect Neck Pain

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain that develops due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physical therapist to address neck pain is a wise decision!

How Muscles Affect Back Pain

Back pain impacts more than 80% of the population, and many deal

with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core... it goes all the way around. So the core muscles of the spine include:

- The abdominal muscles.
- The lower back muscles.
- Your buttock muscles.
- The muscles of the hips and pelvis.

Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

Call the Physical Therapy Center today and set up an appointment with our highly trained physical therapists!

Book An Appointment Today!

How Physical Therapy Can Help You Strengthen Your Back & Neck Muscles



Our physical therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

Contact our clinic today

You deserve to feel your best. Call the Physical Therapy Center today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/>
<https://psm.bmj.com/content/34/2/1/1279>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6093121/>

Visit www.PhysicalTherapyCenter.org today!



Feel Better By Eating Better! The Very Best Roasted Carrots

- 2 pounds carrots, peeled and sliced on diagonal
- 2 tablespoons good quality olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly cracked black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 2 tablespoons finely chopped fresh flat-leaf parsley or 2 teaspoons fresh thyme

1. Preheat the oven to 425 degrees F. Peel the carrots and cut off the tops. Slice carrots on the diagonal so each piece is about 1/2 inch thick at the widest part (each diagonal cut you make should be about 1 inch apart). Make sure carrots are all cut around the same size to ensure even roasting.
2. Add cut carrots to a very large sheet pan. Add olive oil, salt, pepper, paprika, and garlic powder. Toss to coat all the carrots.
3. Spread carrots into an even layer and roast in the oven for 10 minutes. Remove from the oven and quickly toss/flip the carrots then return to the oven. Bake for another 8 to 15 minutes, until caramelized and tender. *(Time will vary based on actual oven temperature, how spread out the carrots are, and personal preference for how roasted you want the carrots.)*
4. Remove the carrots from the oven. Toss with fresh herbs and serve immediately.

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



Use Your Insurance Benefits Before The End Of The Year!

There's no way around it: health insurance benefits can be absolutely mind-boggling.

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at the Physical Therapy Center could be minimal or entirely covered by your insurance plan!

You should be enjoying time spent with your family instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit the Physical Therapy Center for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!



Featured Exercise

"W" Row | Bilateral (Band)



Row arms to the side with a bent elbow and rotate hands up to make a "W". Squeeze shoulder blades down and back. Return to start position. Avoid arching your back.

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



Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit physicaltherapycenter.org to schedule your consultation today!