



**connections**  
PHYSICAL THERAPY

**NEWSLETTER**

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



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HOW DOES PHYSICAL THERAPY HELP WITH NECK PAIN?  
EXERCISES TO DO INDOORS · STAFF SPOTLIGHTS



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



Have you noticed your neck seems sorer 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 Connections Physical Therapy.

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 Connections Physical Therapy 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!

## COME BACK IN FOR PT!

# How Does Physical Therapy Help With Neck Pain?

Physical therapy has proven success 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 consist of special techniques designed to reduce the stiffness in the neck and improve the range of motion.
- Targeted exercises focus 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 Connections Physical Therapy For Neck Pain Relief!

If you have been suffering from neck pain, don't hesitate to contact Connections Physical Therapy today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs.

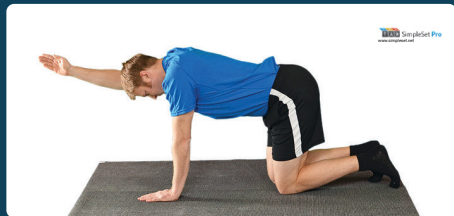
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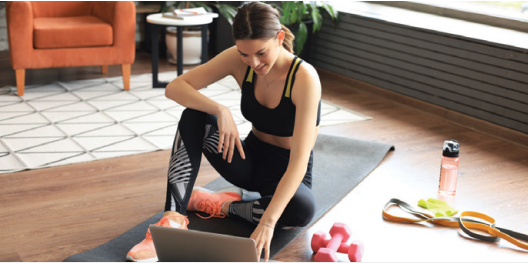
## EXERCISE ESSENTIAL

### FOUR POINT + ARM RAISE

Start on hands and knees, hips and shoulders at 90°. Lift one arm out front. Bring it back down and then repeat on opposite side. 8-10 times on both arms.

*This exercise is designed for pain prevention.  
Call your therapist if you are experiencing any pain!*





# Exercises To Do Indoors

Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Burpees
- Jumping jacks
- Jump rope
- Mountain climbers
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.

**Our goal is to help you reach yours!**

Come back into our clinic for treatment and take a step towards better health.

## STAFF SPOTLIGHTS

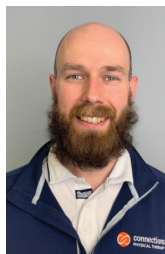
### MARY KATE CAMARA PT, DPT



Mary Kate graduated from University of Vermont with a BS in Exercise and Movement Science before continuing her education at UVM to receive her Doctorate of Physical Therapy. After graduation, Mary Kate found her passion in the outpatient orthopedic setting. She joined our Harvard Connections PT team in 2018.

Mary Kate brings a wide variety of experience and utilizes manual therapy, differential diagnosis and therapeutic exercise prescription. Her favorite injuries to treat are runners and concussions. In her free time she enjoys running, hiking with her dog and trying new restaurants.

### MICHAEL WHITE PT, DPT



Mike joined Connections Physical Therapy in 2017 after receiving his Doctorate of Physical Therapy from Quinnipiac University. Throughout his time at Quinnipiac he was a member of the Division 1 Cross Country team and participated in club indoor and outdoor track as well. Being an avid runner himself, he understands the importance of running and landing mechanics. He also has extensive experience in running and gait analysis.

Mike has a passion for working with runners and orthopedic/sports injuries where he uses a mixture of manual therapy to reduce pain, improve mobility and therapeutic exercise to maximize recovery. In his free time he enjoys golfing, training for 5K's and marathons and vacationing in Maine, Vermont and Nantucket.



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Call your nearest Connections Physical Therapy clinic to schedule your next PT appointment!



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