



connections
PHYSICAL THERAPY

NEWSLETTER

ARE YOU LIVING WITH NECK PAIN?



ALSO INSIDE

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF
BEST STRETCHES AFTER A DAY AT A DESK



ARE YOU LIVING WITH 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 Connections Physical Therapy 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.

What Are The Most Common Symptoms?

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.

**Our Goal Is To Help
You Reach Yours!**



Scan the QR Code to visit
our website and schedule
your appointment!

COME BACK IN FOR PT!

connectionspt.com

How Physical Therapy Can Help You Find Relief

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. When standing and sitting, be sure your shoulders are in a straight line over your hips and your ears are directly over your shoulders. Adjust your desk, chair and computer so that the monitor is at eye level. Knees should be slightly lower than hips. Use your chair's armrests. Avoid tucking the phone between your ear and shoulder when you talk. Use a headset or speakerphone instead.

Physical Therapy Is An Effective Solution For 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.

Call Connections Physical Therapy 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
<https://pubmed.ncbi.nlm.nih.gov/29197234/>
<https://pubmed.ncbi.nlm.nih.gov/31133629/>
<https://pubmed.ncbi.nlm.nih.gov/32317109/>
<https://pubmed.ncbi.nlm.nih.gov/33064878/>



Our Goal Is To Help You Reach Yours!

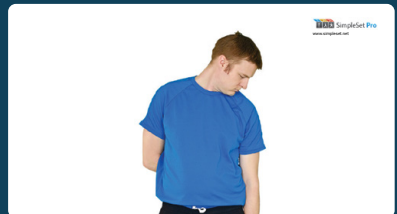
Scan the QR Code to visit our website and schedule your appointment!

EXERCISE ESSENTIAL

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. This is a good stretch if you sit at a computer all day.

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





Best Stretches After A Day At A Desk

We lead extremely sedentary lives these days compared to 30 or 40 years ago. Millions of people spend several hours each day sitting at a desk, without bothering to get up to do anything other than visit the restroom. When you're younger, you may not notice the effects of sitting all day, but boy oh boy, as you age...we promise you'll start to realize the impact this habit has on your body!

Luckily, there are various stretches that can help combat the adverse effects of sitting for 8 hours a day. **Try these 3 stretches next time you're feeling stiff!**

1. Rotation Lunge

Take a big step forward with your right foot into a lunge from a standing position, making sure your right knee does not extend past your toes. Hands should be placed on either side of your right foot. Lift your right arm toward the ceiling while turning your gaze upward. Exhale slowly and try to rotate a little deeper. Repeat on the other side.

2. Shoulder Opener

Stand tall and straight, with a towel or belt in each hand behind your back. Raise your arms behind you as far as you can without getting out of breath. As you lift the towel, pull your shoulders back and together.

3. Low Cobra

Lie facedown on a foam roller or set of yoga blocks with your ankles resting on them. As you raise your head up and back, press your forearms into the floor and pull your shoulders back.



STAFF SPOTLIGHT

KYLE CONTRERAS PT, DPT, CSCS

Kyle graduated from Franklin Pierce University with a Doctorate in Physical Therapy in 2022. He is a Certified Strength and Conditioning Specialist (CSCS) and has years of experience treating patients in both acute care and acute rehab settings with a broad array of neuromuscular and musculoskeletal conditions with an emphasis on manual therapy, therapeutic exercise and neuromuscular re-education. He joined our Harvard clinic in March 2022 to ensure quality one-to-one care for all patients.

Kyle's clinical interests include orthopedics and sports, with an emphasis on strength & conditioning and biomechanics. In 2018, Kyle volunteered at Assumption College and led conditioning workouts and skill-building drills for the football team. Kyle said, "I thoroughly enjoy treating the knee and low back areas specifically because I have had personal experience with a torn PCL and nagging back pain. As a PT, I spend a significant amount of my treatment time utilizing manual techniques for pain desensitization and improved joint mobility/muscle flexibility, then I integrate neuromuscular re-education in order to develop significant improvements in muscle endurance/strength in order to get patients back to the activities that they love."

In his free time you can catch him watching movies, learning history from documentaries, playing call of duty on PS4, lifting weights at the gym, going on hikes, keeping up with advanced evidence-based practice guidelines and treatment techniques and traveling the east coast to visit his family and close friends. Kyle tries his best to stay super open-minded and experience a little bit of everything in his free time.

Scan the code to find us. >>

Scan the code to <<find us.

connections
PHYSICAL THERAPY

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