



HEALTH & WELLNESS NEWSLETTER

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FIND RELIEF FOR PERSISTENT NECK PAIN *with Physical Therapy*

Have you noticed your neck seems more sore 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 Ellis 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.

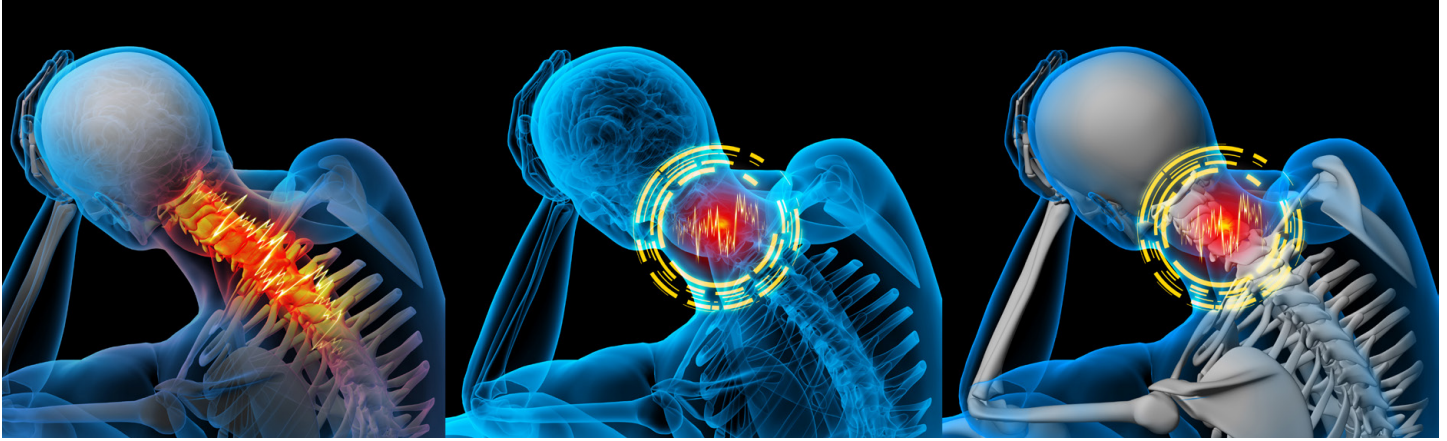
The neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. Call Ellis Physical Therapy today to get the relief you deserve!

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.

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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!

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. 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/stretches
- 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 During 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 which consist of special techniques designed to reduce the stiffness in the neck and improve the range of motion.
- Targeted exercises focusing 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 Ellis Physical Therapy for Neck Pain Relief!

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

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150268/>; <https://pubmed.ncbi.nlm.nih.gov/28436583/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>; <https://www.jospt.org/doi/10.2519/jospt.2017.0302>





PATIENT SUCCESS STORY

“After years of hearing ‘he’s not fast enough, he can’t jump high enough, he doesn’t have that burst,’ I decided to do something about it. I stumbled upon FASTER and it changed my game. The next-level technology provides a way to improve all those characteristics and reach a new level. I dropped my 40-yard dash time 0.3 of a second and started dunking a basketball just a few weeks into the program. It’s helped me; it can help you!”

— Derek M.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT
story and leave your review.
We look forward to
hearing from you!



★ REVIEWS

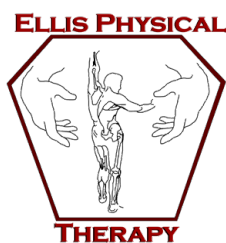
SERVICE SPOTLIGHT: OUR FASTER PROGRAM



Barry Johnson, FASTER Coach

This is coach Barry Johnson CSCS, USAW Level 1 who helps out with our FASTER program. Coach Johnson is a strength and conditioning coach, with years of experience working with athletes at the collegiate level. Coach has worked at multiple college programs including University of Utah, Virginia, Washington State, Idaho State, and the University of Pacific. Coach is well respected and was voted ACC Strength and Conditioning Coach of the Year. He has been doing the FASTER program for many years and is FASTER certified. Coach has used over-speed training in a variety of ways to increase stride frequency and found the FASTER programs design has been by far the safest and most successful. Coach has been working with high school athletes for the past 15 years.

Contact us today to learn how Coach Johnson can
take your performance to the next level!



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Office Hours:
Mon. & Wed: 7 AM - 7 PM
Tues. & Thurs: 8 AM - 6 PM
Fri: 7 AM - 6 PM
Closed: Sat - Sun

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