



Health & Wellness

The Newsletter About Your Health And
Caring For Your Body



*Happy Holidays From Priority
Physical Therapy*

INSIDE:

- How We Can Help You Relieve Your Neck Pain
- Get The Most Out Of Your Benefits



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Are You Struggling With Neck Pain?

Do you have trouble holding your head up while sitting at your desk? Do you notice pain when tilting your head down to look at your phone or tie your shoes? Do you find it difficult to get comfortable when lying down to go to sleep at night? At Priority Physical Therapy, our physical therapists can help you find relief for your neck pain once and for all!

Neck pain is common among adults, affecting up to 70% at some point in their lives. Unfortunately, a third of these people will develop chronic neck pain (i.e., pain that lasts longer than three months).

Even small amounts of pain can lead to a downward spiral in the quality of life, energy, and overall well-being. Fortunately, physical therapy can help resolve the pains in your neck!

If you're struggling with pain and discomfort in your neck, contact Priority Physical Therapy today to schedule your consultation.

WHAT ARE THE MOST COMMON CAUSES OF NECK PAIN?

The neck is an integral area of everyday movement. Pain can prevent you from functioning correctly in your day-to-day life. Your neck relies on proper posture, flexibility, strength, and coordination to tolerate your normal activities and more advanced sports and recreational pursuits. In our daily

lives, we place tremendous strain and demand on our necks. Stress and poor posture can lead to long-term pain and dysfunction.

The most common causes of neck pain include sprains and strains to the muscles, tendons and ligaments. Often the exact reason you are experiencing neck pain remains a mystery. Our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief.

MORE COMMON CAUSES OF NECK PAIN INCLUDE:

- **Poor posture.** Prolonged periods spent slouching while working on a computer lead to a forward head posture, which puts extra stress on the neck. Looking down at a phone may also cause pain.
- **Sleeping in an awkward position.** Holding the head at a wrong angle during the night can lead to a stiff neck in the morning.
- **Repetitive motions.** Turning the head repetitively, such as side to side while swimming, may lead to irritation of the neck's muscles and joints.
- **Trauma.** Any fall or impact, such as a sports collision or whiplash from an auto accident.

Our physical therapists are movement experts equipped to identify and

How We Can Help You Relieve Your Neck Pain

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treat the primary source of your neck pain. They will analyze your posture, movement, and problem areas to determine the best course of treatment for your needs. Our treatment plans focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your program and may include any combination of manual therapy, targeted stretches, exercises, activity modification, or posture recommendations.

PHYSICAL THERAPY CAN HELP SIGNIFICANTLY REDUCE YOUR NECK PAIN BY IMPLEMENTING THE FOLLOWING:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- 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!

The main emphasis of physical therapy is education and instruction on effective exercises and proper posture. Our goals include:

- Reduce pain quickly through postural education and targeted movements/ exercises
- Return to normal functioning in daily activities
- Minimize the risk of recurring pain (avoid painful postures and movements)
- Minimize the use of medication or surgery to eliminate pain



Your therapist will perform a thorough assessment to identify the category for treatment. They will then use the information obtained from this assessment to recommend specific neck exercises and advise on which postures are beneficial and which ones to avoid. These exercises allow you to identify how to resolve your current symptoms and possible future symptoms.

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/PMC672311/> - <https://www.pspt.org/doi/10.2519/pspt.2017.030>



Get Started On Your New
Years Goals With PT!

Get The Most Out Of Your Benefits

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered yes, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan. Now is the time to come in for physical therapy!

SCAN THE QR CODE TO SCHEDULE
YOUR APPOINTMENT NOW!



Winter Word Search

CAN YOU FIND ALL THE WORDS?

I W I N D C H I L L B N T H E
 N E O R T H E C R N L H E M I
 S P T H E R E E W I I N T E R
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| BLIZZARD | HOCKEY | SKIING SLUSH |
| COLD | ICICLES | SNOWMAN |
| DECEMBER | ICE | SNOWSTORM |
| DRIFTS | JANUARY | TOBOGGAN |
| FEBRUARY | MARCH | WIND CHILL |
| FREEZING | SHOVEL | |
| FROST | SKATE | |

We will be collecting canned foods at both locations through month of November until Wednesday, November 23rd. Please consider donating.

Patient Success

"I would recommend Priority Physical Therapy to my friends."

"It has been a wonderful experience, working with these girls at Priority Physical Therapy. I had much pain in my shoulders and neck. I don't have any pain now. I'm strong and in good shape thanks to the wonderful care I received. I would recommend Priority Physical Therapy to my friends. Job well done, thanks!" — **Paula B.**



Gift Certificates

Gift certificates to the Fitness Center are a great option for staying healthy in the new year! Our Palmyra clinic offers a Fitness Center that can help you achieve your health and wellness goals. Memberships are available monthly or yearly for single, family and senior rates. There is a basic start-up fee of \$10 for a personalized access card which provides 24-hour access to our facility. Membership includes full and unlimited access to Priority Fitness facility and use of all equipment.

CALL 573.769.6166 TODAY!

Call Us Today



If your neck pain has limited your daily life, don't wait any longer to seek help. At Priority Physical Therapy, our physical therapist will work with you to understand your goals and expectations to develop your personalized treatment plan. We are dedicated to providing you with the tools you need for recovery and relief! Contact us today to schedule an appointment.

We Need Your Help

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.

Scan the QR code with your smartphone and select the clinic you visited to leave your review today!



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