

NEWSLETTER

LOOK
UP

DISCOVER
RELIEF FOR
YOUR NECK
PAIN

INSIDE:

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NEWSLETTER



LOOK UP!

DISCOVER RELIEF FOR YOUR 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 Hands On 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.

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.

Continued inside.

www.hopt-wellness.com

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

Continued from previous page.

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.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

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!

H O Hands On
P T Physical Therapy

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"Is Your Digital Lifestyle Affecting Your Posture?"



Poor posture is something we normally do not think of as a contributor to neck and back pain. However, in our era of constantly being on smartphones, tablets, and computers, we often put our necks and backs in positions of prolonged stress. Over time, this contributes to increased stress to our vertebrae, disc and muscles supporting the spine.

Text neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Of course, this posture of bending your neck to look down does not occur only when texting. For years, we've all looked down to read. The problem with texting is that it adds one more activity that causes us to look down – and people tend to do it for much longer periods. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.

We often see patients who have suffered from back and neck pain for years who could have been treated very easily when the pain started with simple postural corrections and stretches. If you have been suffering from back or neck pain, come see one of our therapists for an assessment of what is contributing to your pain.



Cary
919-851-0711

Fuquay-Varina
919-557-2111

Zebulon
919-269-0107

EXERCISE OF THE MONTH

This exercise helps relieve neck pain.

NECK NOD

Start with your neck in a neutral position, then slowly lower your head backwards and then forwards. Repeat 10 times.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

COME BACK TO PT

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

www.hopt-wellness.com

HEALTHY RECIPE

GARLIC PARMESAN STUFFED MUSHROOMS



INGREDIENTS

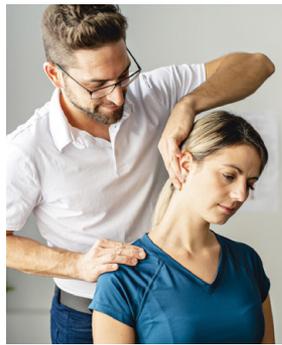
- 15 mushrooms
- 1 tbsp canola oil
- 2 tbsp garlic, chopped
- ½ tsp kosher salt
- ½ tsp black pepper
- 8 oz cream cheese, softened

- ¼ cup Italian breadcrumbs
- ½ cup shredded Parmesan cheese, divided
- 2 tbsp fresh parsley, chopped
- 1 teaspoon kosher salt
- 1 tsp black pepper
- Fresh parsley, chopped, to garnish

INSTRUCTIONS: Preheat oven to 350° F (180°C). Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Remove from heat. In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes. Garnish with a sprinkle of parsley, then serve!

<https://tasty.co/recipe/garlic-parmesan-stuffed-mushrooms>

PATIENT SUCCESS SPOTLIGHT



"Loved everything about this facility! Friendly and knowledgeable staff who really care about your needs and comfort. I went following surgery and consistently made progress towards full mobility. Also, I got therapy for neck pain during the same visit. I always received a "hands on" massage to each of my problem areas during each appointment. I don't know of another physical therapy facility that provides massage as part of healing, but they should consider it. The office was also great about appointment reminders. I highly recommend Hands On in Fuquay-Varina." - **Linda B.**

You too can get results like this. Contact Hands On Physical Therapy today and find out how PT can get you back to the activities you enjoy!

www.hopt-wellness.com

COUPON CORNER!

FREE PAIN CONSULTATION



WE OFFER 3 CONVENIENT
LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

Cary
919-851-0711

Fuquay-Varina
919-557-2111

Zebulon
919-269-0107

Call to schedule. Expires 3/31/2022