

NEWSLETTER



IS NECK PAIN INTERFERING WITH YOUR LIFE?

**HANDS ON PHYSICAL
THERAPY CAN HELP!**

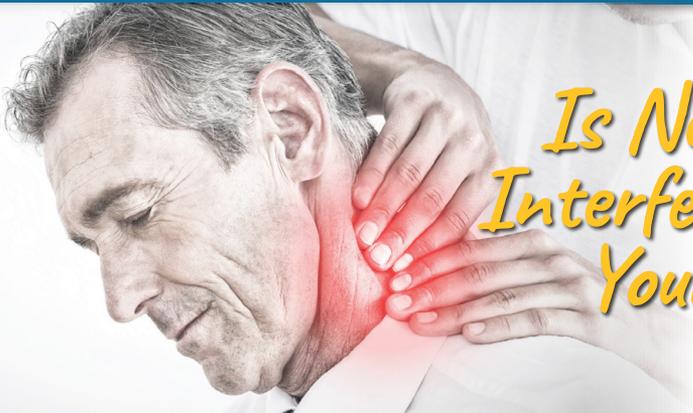
Cary
919-851-0711

Fuquay-Varina
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NEWSLETTER



Is Neck Pain Interfering With Your Life?

Do you notice yourself rubbing your neck after a difficult day on the job? Do you find the more your neck hurts, the more your head hurts too? Dealing with pain in your head and/or neck can negatively affect your personal life, your career, and more. At Hands On Physical Therapy, we understand how debilitating it can be, and we know how to help you manage your pain and get back to the life you enjoy!

The most common cause of neck or head pain is a muscle or joint problem. Working with a physical therapist can help you identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without using medication or other long-term pain management treatments.

Unlike pain medications that become less helpful the longer they are used, our physical therapists provide long-term relief from pain. We will help correct your joint or muscle limitations with targeted therapies like specific stretches, manual techniques, muscle strengthening techniques, and guided instructions that target your limits.

Call Hands On Physical Therapy today and schedule an appointment with our physical therapist. Find the relief you have been looking for!

UNDERSTANDING THE DIFFERENCE BETWEEN HEAD AND NECK PAIN

Not all neck or head pain is the same, so understanding the basics of what you're dealing with is the first step to achieving relief.

Head Pain

There are many different types of headaches that you may experience, and there are various causes for each of them.

For example, migraines can be caused by environmental factors, food allergies, or even stress. Some headaches can develop due to sinus pain, and some headaches will develop when you are dehydrated.

These headaches require a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work.

Continued inside.

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**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**

IS NECK PAIN INTERFERING WITH YOUR LIFE?



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One of the most common causes of headaches that are easily treatable with physical therapy is radiating headaches caused by stress in the joints and muscles of the neck. This type of pain radiates from the base of your skull into the top of the head. For some, the pain will radiate behind one eye. These types of headaches also often include stiffness in the upper back and are often one-sided.

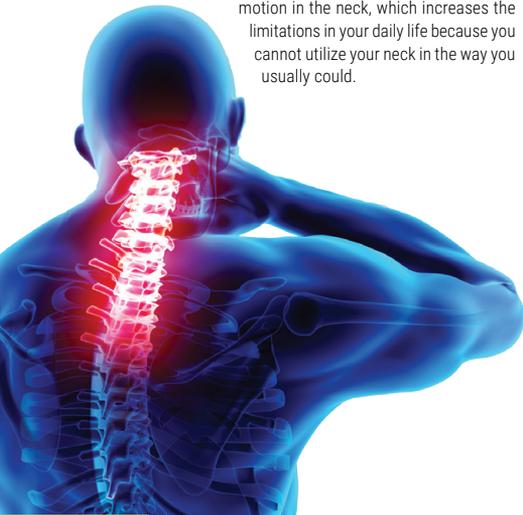
Neck Pain

Pain that develops in the neck is typically due to a soft tissue sprain/strain or changes to the joint itself. The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments) or negative changes to our blood flow – the muscles of our neck function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck.

As we age, the neck joints, like all joints, will degenerate and make us more vulnerable to different forms of neck pain. Degenerative changes make us more susceptible to disc herniations, narrowing the space around the nerve root and significant restrictions in the ability to move.

Cervical degeneration can cause tension and pain in the neck and shoulders. This pain is generally worse in the morning, after being prolonged, and often at the end of the day. The biggest problem posed by cervical degeneration is the loss of motion in the neck, which increases the limitations in your daily life because you cannot utilize your neck in the way you usually could.



HOW PHYSICAL THERAPY CAN HELP

The majority of head and neck pain can be treated with physical therapy. Working with a physical therapist is safe to ensure that you are practicing positive techniques to find relief from your aches and pains.

At Hands On Physical Therapy, our physical therapists can target the source of your pain by examining your symptoms. Then, they will provide you with exercises that stretch and/or relax your neck muscles. In some cases, manual techniques, including mobilizations or therapeutic massage, are used to alleviate your pain and allow you to tolerate stretching.

We know how to help your head and neck pain and can teach you so you can get back to the life you enjoy!

CONTACT US FOR AN APPOINTMENT

If you're struggling with recurring headaches and neck pain, call Hands On Physical Therapy today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!

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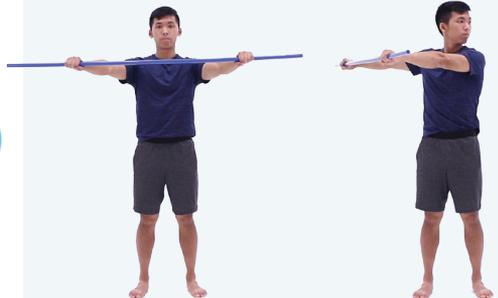
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EXERCISE OF THE MONTH

This exercise can help relieve neck pain.

NECK STRETCH WITH LATERAL REACH

Start by standing up straight holding a dowel down in front of you with both arms straight. Raise both arms up to shoulder height and rotate your arms and torso over to one side while simultaneously rotating your head over to the other side until you feel a stretch in your neck. Hold for 30 seconds and repeat.



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

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Toys for Tots



Hands On Physical Therapy joyfully organized a toy drive for Toys for Tots, and we're filled with cheer to contribute to bringing holiday magic to the hearts of some wonderful children this Christmas season.



PATIENT SUCCESS SPOTLIGHT

"My husband and I always use the Zebulon location for all our Physical Therapy needs, whenever any arise. The staff is friendly and always ready to answer questions or explain the reason for an exercise if you ask about it." —W.C.

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! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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COUPON CORNER!

DO YOU HAVE A SPORTS INJURY?

If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Lying it will only go so far! **Contact Hands On Physical Therapy today to schedule an appointment and get back in the game!**



ARE YOU LOOKING TO IMPROVE YOUR SPORTS PERFORMANCE, GET STRONGER, FASTER, AND HEALTHIER?

If so, Hands On PT can help you reach your goals!

Call today and make 2024 your year to excel.

FREE PAIN CONSULTATION

HO Hands On
PT Physical Therapy

WE OFFER 3 CONVENIENT LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 1/31/2024