

# MALVERN

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## PHYSICAL THERAPY

N E W S L E T T E R

# SAY GOODBYE TO THE PAINS IN YOUR NECK WITH PHYSICAL THERAPY



Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone.

*(continued inside)*



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# MALVERN PHYSICAL THERAPY

N E W S L E T T E R



## SAY GOODBYE TO THE PAINS IN YOUR NECK WITH PHYSICAL THERAPY

*(continued from outside)*

According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in your quality of life, energy, and overall wellbeing. Fortunately physical therapy can help resolve all the pains in your neck.

### **Why does neck pain occur?**

The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

### **Additional symptoms of neck pain may include:**

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.

- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our necks. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.

**Contact Pro-Active Physical Therapy today to schedule your consultation.**



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# RELIEVE YOUR NECK PAIN WITH MALVERN PHYSICAL THERAPY

Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation.

**Physical therapy can help significantly reduce your neck pain by implementing the following benefits:**

- 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.
- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help.

**Contact us today to schedule an appointment. At Malvern Physical Therapy, we are dedicated to providing you with the tools you need for recovery and relief!**

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## STUFFED AVOCADO CHICKEN SALAD



### INGREDIENTS

- 2 avocados, pitted
- 2 c. shredded rotisserie chicken
- 1/4 c. red onion, minced
- 1/3 c. mayonnaise
- 2 tbsp. Greek yogurt
- Juice of 1 lemon
- 1 1/2 tsp. Dijon mustard
- Kosher salt
- Freshly ground black pepper
- Chopped parsley, for garnish

### INSTRUCTIONS

Scoop out avocados, leaving a small border. Dice avocado and set aside. Make chicken salad: In a large bowl, mix together chicken, onion, mayo, greek yogurt, lemon juice, and mustard. Fold in diced avocado. Season with salt and pepper. Divide salad among 4 avocado halves. Garnish with parsley.

## EXERCISE ESSENTIALS

Helps To Relieve Neck Pain



### CHIN TUCK SUPINE

While lying down on your back with a small rolled-up towel in the small curve of your neck, slowly draw your chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.



## Patient Success Spotlight



**"I will be using Malvern Physical Therapy in the future!"**

"I was having symptoms of vertigo so my physician's office recommended physical therapy. I chose Malvern Physical Therapy because of the location. I was very satisfied with their service in the front office and with my therapist, Kayla. She was very knowledgeable and helpful with my situation. One time was all it took for my vertigo and now I'm dizzy free! Kayla also sent me home with some exercises to try if the vertigo returns. She has also reached out via texts to see how I'm doing so that means a lot. I will be using Malvern Physical Therapy in the future!" - **M.B.**

## Staff Spotlight



### Kayla Browning

*Physical Therapist,  
Malvern Physical Therapy*

Kayla and her husband Jason are current residents of Bryant along with their two rotten dogs, Gunner and Moo. In her spare time she enjoys spending time with friends and family, playing with her dogs and watching football. One day she would love to be able to attend a Baltimore Ravens NFL home game. Kayla attended UCA, she joined our team in October of 2020. She loves to see the progress her patients make in real time.

**When asked what her favorite part of the job is she says:**

*"Experiencing the "wins" with my patients after all their hard work" - Kayla*

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## FUN & GAMES

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**ONE FREE  
15 - MINUTE  
CONSULTATION!**

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