

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R



SPRING INTO ACTION WITH
NECK PAIN RELIEF



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MALVERN PHYSICAL THERAPY

N E W S L E T T E R

FIND RELIEF FOR PERSISTENT NECK PAIN



INSIDE:

- How Does Physical Therapy Help Neck Pain
- Win A \$50 Amazon Gift Card!
- Staff Spotlight
- Exercise Essentials

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 Malvern 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 Malvern Physical Therapy today to get the relief you deserve!

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. 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!

To learn more about how we can help you improve your posture, contact us today!



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HOW DOES PHYSICAL THERAPY HELP 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
- 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 AT 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

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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 MALVERN PHYSICAL THERAPY FOR RELIEF!

If you have been suffering from neck pain, don't hesitate to contact us 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>

VEGGIE FRIED RICE



INSTRUCTIONS:

- 2 teaspoons oil
- ½ cup carrot, diced
- 1 tablespoon garlic, minced
- ½ cup onion, diced
- ½ cup bell pepper, diced
- ½ cup broccoli floret
- ½ cup pea
- ½ cup corn
- 3 eggs, beaten
- 3 cups white rice, cooked
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- pepper, to taste

INSTRUCTIONS:

In a wok or deep skillet, heat up the oil over high heat and cook carrots, onions, and garlic until onions are translucent. Add bell peppers and broccoli and cook an additional 3-4 minutes. Push all of the cooked vegetables to the side of the pan. Beat the eggs and pour into the cleared half of the pan. Scramble the eggs and mix with the rest of the vegetables. Add peas, corn, rice, soy sauce, sesame oil, and pepper. Mix well and let the rice cook until slightly crispy. Enjoy!

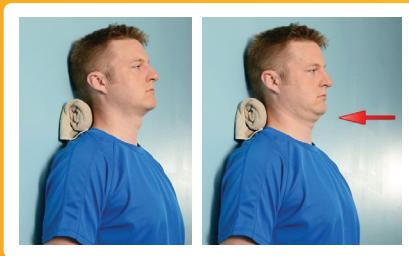
EXERCISE ESSENTIALS

Helps To Relieve Neck Pain



CHIN TUCK WALL

Stand against a wall with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. Slowly draw your head back so that your ears line up with your shoulders. Hold for 10 seconds and repeat 3 times.



Patient Success Spotlight



"I now know the exercises that will build my core and what activities actually cause me to have problems."

"I enjoyed my experience at Benton Physical Therapy. Rick, my physical therapist and his team taught me so much about dealing with my Spinal Stenosis which has caused such havoc in my life. I now know the exercises that will build my core and what activities actually cause me to have problems. They have helped me to build up my strength. I feel I am better equipped now to handle my pain. Thank you all so much." - **A.W.**

IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

FUN & GAMES

6	4				7		3
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	9					6	
2	6	5		8			7
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1	7			9			
3		9				7	1

CALL (501) 359-5948 TODAY!

Staff Spotlight



Rick Lee

Co-Owner/Physical Therapist of Benton, Malvern and Pro-Active Physical Therapy Bryant & Sheridan Location - Benton Physical Therapy

Rick and his wife Kathy are current residents of Benton, AR. They have been married for 30 years and have 6 amazing kids together. They like to donate their time helping at their church. In his spare time he loves doing anything outdoors, and hopes to be able to travel one day. Rick is one of the owners of our company. He went to Hendrix College for his undergrad and UCA for grad school, he has 30 years in the Physical Therapy field. Rick went into Physical Therapy because he wanted to help others. He says one of the best feelings is to hear a patient say "This is the best I've felt in a long time". Rick has been here from the beginning.

When asked what his favorite part of the job is he says:

"seeing patients get better and seeing the staff grow professionally". - Dan



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WIN A \$50 AMAZON GIFT CARD!

All 5-star reviews will be entered to win a \$50 Amazon gift card! Please include first name and last initial in your review so we can contact the correct winner!

Scan the QR code below to leave your review now.



This offer ends on March 31st 2022