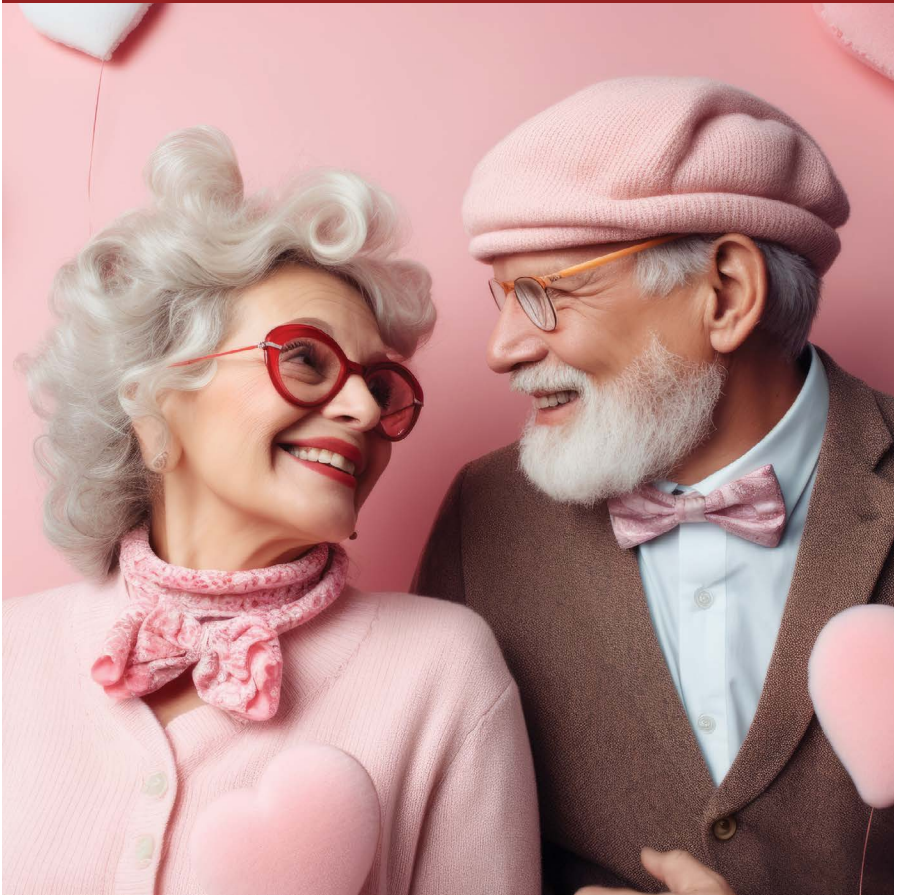


**N E W S L E T T E R**



**ARE YOU STRUGGLING WITH NECK PAIN?**  
PHYSICAL THERAPY CAN HELP!





# MALVERN

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## PHYSICAL THERAPY



# NEWSLETTER



## ARE YOU STRUGGLING WITH NECK PAIN?

### PHYSICAL THERAPY CAN HELP!

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 Malvern 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 Malvern 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.

### Some of the 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.



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# HOW PHYSICAL THERAPY CAN HELP YOU RELIEVE YOUR NECK PAIN



Our physical therapists are movement experts equipped to identify and 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.

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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!

**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.

## CONTACT US TODAY

If your neck pain has limited your daily life, don't wait any longer to seek help. At Malvern 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.

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.jospt.org/doi/10.2519/jospt.2017.0302>

## 5 INGREDIENT SLOW COOKER FAJITA SALSA CHICKEN

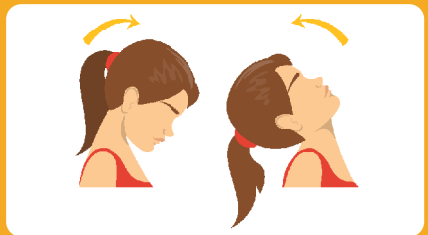


### Ingredients:

- 2 lbs boneless skinless chicken breasts, or thighs
- 1-2 medium yellow onions, thinly sliced
- 1-2 medium bell peppers, red, yellow, orange or green, thinly sliced
- 1 16-oz jar salsa, divided
- ½ tsp salt
- Juice of 1 lime, about 2 tbsps

**Directions:** Add the chicken, onions, peppers, about ¾ of the salsa, and salt to a 6-quart slow cooker, stirring to combine. Cover and cook on high for 4 hours or low for 6, or until the chicken and vegetables are very tender. Uncover and remove the chicken to a cutting board. Shred with two forks or cut into pieces. If there is a lot of liquid in the slow cooker you can drain some off or leave it all in, depending on whether you want a drier or saucier consistency. Add back the chicken, the remaining salsa, and lime juice, stirring everything together. Taste and add additional salt, lime juice or salsa if you like.

## EXERCISE ESSENTIALS FRONT & BACK NECK STRETCH



Stand or sit comfortably. Gently tilt the head forward, creating a stretch in the back of the neck. Hold for ten seconds. Gently tilt the head back, creating a stretch in the front of the neck. Hold for ten seconds.

*If you have any questions, please consult with a healthcare provider before starting.*

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## PATIENT SUCCESS SPOTLIGHT



"I was skeptical at first, but just after a few visits my pain is gone!  
Thank you!" — P.E.

### IF YOU NEED TO HAVE THERAPY:

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

## STRETCH YOUR MIND

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

CALL TO SCHEDULE A FREE 15-MIN CONSULTATION!

## STAFF SPOTLIGHT



### MICHAEL JOHNSON

*Physical Therapist/Director of Clinical Operations*

Michael and his beautiful wife Gayla are current residents of Benton, AR. They have 2 beautiful daughters. He loves getting out of the blue hugs and I love you from them. In his free time, Michael enjoys hunting, fishing, cooking, and if you ask his wife, getting on her nerves. One day Michael would love to be able to learn to fly and go on an elk or stag hunt in the mountains with his dad. Michael joined our team in January 2010 and became the director of our clinics in October 2010. Michael truly enjoys his job and the people he works with.

### HIS FAVORITE PART OF HIS JOB:

*"I love the day to day interaction with the staff, everyone that works here is like my family!"*



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PHYSICAL THERAPY

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