

**Stop Living
With Pain!**

**Call Us To Schedule Your
Appointment Today!**



**SAY NO TO NECK PAIN!
FIND RELIEF FOR PERSISTENT NECK
PAIN WITH PHYSICAL THERAPY**

ALSO INSIDE:

How Physical Therapy Can Help You Say Goodbye To Neck Pain – For Good! •
Patient Success Spotlight • **Enter to WIN!** • 4 COVID-Friendly Travel Tips



SAY NO TO NECK PAIN!

FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Are you suffering from the debilitating effects of neck pain? Approximately one-third of the population will experience neck pain in any given year, which can get worse if left untreated. In severe cases, surgery may even be needed. However, at Soleil Physical Therapy & Wellness, we want to do everything we can to help you avoid that.

The neck is extremely important in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in the alignment of your neck can cause a variety of symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

It is no secret that 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. In fact, thousands of people are able to find relief from their neck pain every year with the help of physical therapy.

HOW DOES PHYSICAL THERAPY HELP WITH NECK PAIN?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing

both acute and chronic neck pain. This evidence is further illustrated in a 2017 qualitative systematic review conducted by the National Institutes of Health, titled "The efficacy of manual therapy and exercise for treating non-specific neck pain: A systematic review."

This review analyzes a number of studies providing evidence for manual therapy and exercise treatments for patients with different stages of non-specific neck pain. Researchers pulled information from Medline, Cochrane-Register-of-Controlled-Trials, PEDro, and Embase.

According to the researchers, one of the major takeaway points listed in the conclusion is that "combining different forms of [manual therapy] with exercise is better than [manual therapy] or exercise alone." Results from the 23 studies chosen for review demonstrated patient success across the board when pairing manual therapy with targeted exercises for neck pain. Results conclude that physical therapy is a proven successful treatment for patients suffering from neck pain, and manual therapy and exercise methods are the most effective in helping patients regain their optimum levels of function.



HOW PHYSICAL THERAPY CAN HELP YOU SAY GOODBYE TO NECK PAIN — FOR GOOD!

The systematic review mentioned above verifies that manual therapy and exercise are two of the most effective treatments for relieving neck pain in patients. At Soleil Physical Therapy & Wellness, those are two methods that we commonly incorporate into treatment plans for neck pain relief, and we have noticed significant success in them.

CONTACT SOLEIL PHYSICAL THERAPY & WELLNESS FOR NECK PAIN RELIEF!

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that may be caused by your neck pain. They will then design a treatment plan based on your individual needs. Our main 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.

Manual, or “hands-on” treatments consist of special techniques designed to reduce the stiffness in the neck and improve range of motion. Targeted exercises focus on the root of the pain, in order to strengthen, build, and improve the muscles and tissues

in the neck. Treatments will focus on improving posture to aid in the recovery of the neck muscles, as well as avoiding re-injury in the future. Additional treatment services may also be included as your physical therapist deems fit, based on the nature of your condition.

If you have been suffering from neck pain, don't hesitate to contact Soleil Physical Therapy & Wellness today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs. Contact us today to schedule your consultation and get started on the first steps toward saying goodbye to your neck pain!

Is your daily life being limited by pain?
We Can help! Call us today and get back to doing the things you love.

**(617) 376-3232 (Soleil PT) or
(617) 541-0772 (Quantum)**

致電617-376-3232, 向我們諮詢! 我們會幫助您重返毫無病痛的積極生活方式!

Has Your Pain Returned? Call For Your Appointment Today!

Patient Success Spotlight



"I went to Soleil PT via a Mass General referral. I had suffered a broken foot several months prior and lost all strength, balance and motion range. Due to the incredible physical therapy work over 12 weeks, I made significant progress.

The entire staff is professional and kind. Their office/facility is so clean and convenient location. I highly recommend Soleil Physical Therapy & Wellness."

— Kathy O.

4 COVID-FRIENDLY TRAVEL TIPS

1. Vaccinate before your trip, if possible.

If vaccines are readily available for your demographic and you are able to receive one, it is important to vaccinate as soon as you can. Vaccinations will significantly decrease your likelihood of contracting the virus and potentially spreading it to others, especially while you are on vacation. Additionally, the knowledge that you have received the vaccine will bring you some peace of mind when enjoying your spring break activities!

2. Opt for a closer destination, if possible.

It is no secret that airports still pose a COVID risk, especially if you are traveling with children. If you are able to drive to your vacation destination that would be ideal, in order to avoid coming in contact with large crowds of people. Plus, there are always scenic places to visit right in our backyards!

3. Take advantage of COVID-friendly activities, especially outdoor excursions.

A spring break trip is the perfect time to get out and enjoy the sunlight, while also gaining the health benefits! Outdoor activities are a great way to enjoy yourself during your vacation, while also being able to safely distance yourself from others and lower your risk of contracting the virus.

4. Consult with a physical therapist for more health tips before your trip.

At Soleil Physical Therapy & Wellness, our team of licensed and dedicated physical therapists are always here to answer any questions or address any concerns you may have. If you are still feeling uneasy and looking for more ways to stay healthy while on vacation, don't hesitate to contact us!

Exercise Essentials Ease Tightness In Your Neck



FOUR POINT + ARM RAISE

Start on hands and knees, hips and shoulders at 90°. Lift one arm out front. Bring it back down and then repeat on opposite side. 8-10 times on both arms.



TRIVIA CHALLENGE Call IN and WIN!

1. Who was the first person to fly solo across the Atlantic ocean?
 2. Which river runs through the Grand Canyon?
 3. Which two classic Monopoly game tokens are articles that can be worn?
 4. The pound cake got its name from the pound of what ingredient that it contains?
 5. Which blood type is universal?
 6. In 2012, who was declared the fastest man alive?
 7. What is a group of dolphins called?
- Think you know all of the answers to these trivia questions? Call us at (617) 376-3232 (Soleil PT) or (617) 541-0772 (Quantum) for a chance to WIN!**



www.soleilpt.com

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