

***Stop Living  
With Pain!***

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



**FIND RELIEF FOR  
PERSISTENT NECK PAIN  
WITH PHYSICAL THERAPY**

**ALSO INSIDE:**

Physical Therapy Can Help You Make Your Neck Pain A Thing Of The Past •  
Patient Success Spotlight • Grilling Tips For Arthritis Sufferers



## 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, 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.



## PHYSICAL THERAPY CAN HELP YOU MAKE YOUR NECK PAIN A THING OF THE PAST

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, 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 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 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 was dealing with bad neck & back pain and was referred through a great friend to Soleil. I was very impressed right away by the process and timely manner from the initial phone call to set up the appointment. I arrived within the following week and felt very safe as soon as I walked in due to all of the COVID measures that were in place. Shannon is wonderful along with Sandy and the best was yet to come—to my surprise, you're greeted by David who is very talented, caring, & professional in his craft, listens to your needs & wants, then comes up with a great plan for your specific issue. This is the best place*

*by far for Wellness! Even if you have to travel a little bit, it'll be worth it not only for you but for your loved ones as well!"*— **Brandelle P.**

***Instead of greasy burgers, brats and hot dogs, try ...***

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal found in olive oil dampens the body's inflammatory process and reduces pain sensitivity.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

***Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...***

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

***Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...***

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil.

## Exercise Essentials Helps 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 chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.

## Show Us Some Love!

If you have been a patient at either of our locations, it would mean the world to us for you to leave us a review!



**SOLEIL PT**



**QUANTUM PT**



[www.soleilpt.com](http://www.soleilpt.com)

