

**Stop Living
With Pain!**

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



**ARE YOU LIVING
WITH NECK PAIN?**

**PHYSICAL THERAPY CAN
HELP YOU FIND RELIEF**

ALSO INSIDE:

3 Mindfulness
Exercises

Patient
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ARE YOU LIVING WITH NECK PAIN? PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Do you struggle to turn your neck while driving? Are you finding it difficult to get through the day without stiffness and pain in your neck? Physical therapy at Soleil Physical Therapy can help you find the relief you're searching for!

Neck pain can be both debilitating and scary to live with. When you experience an injury that leaves your neck in severe pain, the thought of not being able to turn your head freely is overwhelmingly stressful. What's more, the pain from no apparent reason can be even more challenging to know what to do.

There are a lot of different ways that you can relieve neck pain. Our team of therapists is focused on finding the best treatment for your personal needs. Call our clinic today to learn how to help you keep living the kind of life you want with less pain and movement restrictions.

WHAT IS CAUSING YOUR NECK PAIN?

Neck pain that is the result of a sudden trauma is also known as whiplash. In most traumatic events, it is difficult to isolate a particular tissue causing the pain, and most likely, all the tissues in the neck are affected.

Identifying the cause of neck pain can be tricky because several factors contribute. The most commonly reported risk factor is working in awkward or sustained posture (i.e., sitting at a computer or working at a desk that's too low). These sustained postures or awkward positions strain the muscles that are supporting the neck.

Sleeping in an awkward position can also lead to neck pain. If the head is held at a bad angle or twists wrong during the night, a stiff neck might be present in the morning. These awkward postures can affect the joints themselves, so the movements are limited and/or painful. Joint pain can come from the cartilage, ligaments, and the disc.

Turning the head repetitively, such as side to side while dancing or swimming, may overuse the neck's muscles, tendons, and ligaments. Sometimes, neck pain develops after a particular injury, such as a car accident or even a result of a slip and fall. When this happens, your pain could be a result of a muscle strain or a ligament sprain.

WHAT ARE THE MOST COMMON SYMPTOMS?

It is important to note that pain is not the only symptom associated with neck dysfunction. It is also very common to

OUR SPECIALITIES

MANUAL THERAPY

ACUPUNCTURE

THERAPEUTIC EXERCISE

KINESIO TAPING

ELECTRICAL
STIMULATION

ULTRASOUND

IASTM

ERGONOMIC TRAINING

MYOFASCIAL RELEASE

VESTIBULAR REHAB

NEUROMUSCULAR RE-
EDUCATION

ACTIVE RELEASE
TECHNIQUE

SPINAL & EXTREMITY
MANIPULATION

THERAPEUTIC MASSAGE

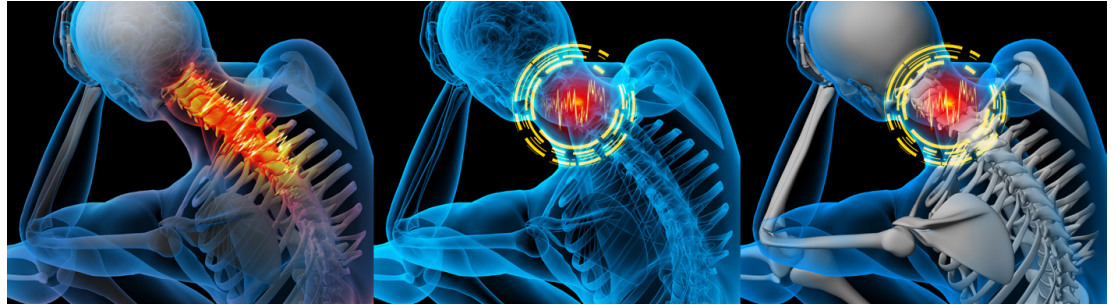
MUSCLE ENERGY
TECHNIQUE

DYNAMIC STRETCHING

DRY NEEDLING

CUPPING

TRACTION



have stiffness, a “crick” in the neck, tightness in the muscles of the upper back and shoulders, and even headaches from neck dysfunction.

The stiffness or range of motion impairments often come from the joint itself or the muscles surrounding it. When you experience pain turning or side-bending to the same side as the pain, you are likely dealing with a joint issue. When you turn or side bend away from the side, you have pain, which typically means you have a muscle problem. Your therapist can determine what is the likely cause of your problem and prescribe stretches to resolve it.

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Physical therapists can target your pain’s source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. When standing and sitting, be sure your shoulders are in a straight line over your hips and your ears are directly over your shoulders. Adjust your desk, chair and computer so that the monitor is at eye level.

Knees should be slightly lower than hips. Use your chair’s armrests. Avoid tucking the phone between your ear and shoulder when you talk. Use a headset or speakerphone instead.

PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR NECK PAIN!

Physical therapy treatments for neck pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

CALL SOLEIL PHYSICAL THERAPY TODAY!

If you’re dealing with neck pain, we can help! Call our office today, and schedule an assessment. No matter what the cause of your neck pain, we have solutions for you! We’ll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more. We offer the results you are looking for!

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Has Your Pain Returned? Call For Your Appointment Today!



Mindfulness Exercises

Do you find yourself becoming overwhelmed easily in your daily life? Do you constantly feel stressed? If so, you may benefit from practicing mindfulness.

Mindfulness originated from ancient eastern and Buddhist philosophy and dates back around 2500 years. Mindfulness is the process of bringing one's attention to the present moment and observing one's thoughts and feelings without judging them. It can be applied to anything from eating, walking, or washing dishes to formal meditation practices.

Mindfulness has been shown to reduce stress and anxiety levels, improve relationships with others, and help individuals lead healthier lives! The best part of mindfulness is that anyone can begin implementing these practices in their daily lives without any cost or expensive resources.

If you're looking for ways to reduce stress and promote wellbeing, check out the mindfulness exercises below.

1. THE FULL BODY SCAN

Begin this exercise by lying on your back with your palms facing up and your feet falling slightly apart. Start to bring awareness to your breath, noticing each inhale and exhale. Try not to change the way you're breathing; instead, simply practice observing your existing breathing pattern.

Next, focus on how your feet feel, noticing whether you observe a sensation of heaviness or lightness. Slowly move your attention up throughout your entire body to complete a full-body scan.

2. THE 5 SENSES TEST

Another way to check in with your body is to perform this 5 senses exercise. Begin by determining 5 things you can see. Then move to 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Many people find this activity grounding and report that it can help soothe panic and anxiety.

3. THE 3-MINUTE BREATHING SPACE

If you are new to meditation, this is the perfect activity for you. It is a simple 3-minute exercise designed to help those with busy lives and minds. During the first minute of this meditation, focus on answering the question, "How am I doing right now?"

For the second minute, shift your focus to your breath, noticing each inhale and exhale. The last minute should be spent scanning up and down your body, observing how your breath affects your entire body. You can place a hand on your stomach or chest to help you concentrate on how your body moves.

Patient Success Story



"My neck pain decreased significantly after three weeks' physiotherapy and practice."

"My physiotherapist is David, and he is super nice, patient, and helpful. His instructions are clear and easy to follow. He truly works with you to make sure that you are healing the way you need. I took six pills of Ibuprofen every day and still had 6/10 neck pain 1-2 weeks ago. The exercises he taught me are super helpful for my neck pain. My neck pain decreased significantly after three weeks' physiotherapy and practice. I highly recommend this facility and the staff!!!"

— Maggie M.

Has Your Pain Returned?

Call today to schedule an appointment!



www.soleilpt.com

