



Getting to the Core of **BACK AND NECK PAIN**

How Strengthening Helps Back and Neck Pain

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Soleil Physical Therapy, our highly trained physical therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that American adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem,

and strengthening is part of the solution for lasting relief.

Call Soleil Physical Therapy today to make an appointment. With guidance from our physical therapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

How Muscles Affect Neck Pain

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain can develop due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects our ability to move our head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physical therapist to address neck pain is a wise decision!

How Muscles Affect Back Pain

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core...it goes all the way around. So the core muscles of the spine include:

- The abdominal muscles.
- The lower back muscles.
- Your buttock muscles.
- The muscles of the hips and pelvis.

Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

How Physical Therapy Can Help You Strengthen Your Back and Neck Muscles

Our physical therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

Contact Our Clinic Today

You deserve to feel your best. Call Soleil Physical Therapy today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4934575/>; <https://bjsm.bmj.com/content/54/21/1279>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6093121/>

CERVICOTHORACIC JUNCTION SPINAL MANIPULATION DEMONSTRATION

This spinal manipulation is targeting the area between your neck, upper back and shoulder region. These junctional areas are common sites of pain and dysfunction. Spinal manipulation is a fast and effective method to mobilize stiff and painful spinal joints which can have an immediate effect in reducing muscle tone and spasm, decreasing pain and increasing range of motion at and around the affected area. This allows the patient a window to better respond to therapeutic exercise for lasting results.

Not all physical therapists are trained in these techniques but when used properly they can have a profound effect in treating neck, upper back, shoulder and even elbow pain.

Click to watch Dave and Qui's CTJ manipulation video!



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PATIENT SUCCESS STORY

“[Soleil] puts much more focus on the assessment and reevaluation of your condition and symptoms than any PT group I have worked with.

...I can exercise without pain. Highly recommend.”

I have a long history of muscle/joint/range of motion related injuries and have done PT probably 12-15 times in my life across 7-10 practices. I had shoulder surgery on my right shoulder almost 20 years ago and have had minor issues with it since but it was always manageable. Two years ago it became dramatically worse and I sought help from a PT that had previously helped me with a lumbar issue, and was unsuccessful. I went to a second well-respected PT that also could not pinpoint what the issue was. I had X-rays on my neck from my chiropractor which suggested neck traction may help; my MRI at my ortho indicated no issues requiring surgical repair.

I found Soleil initially because I thought I might need neck traction but they were able to correctly assess my issue as Thoracic Outlet Syndrome. What I would say is different is they put much more focus on the assessment and reevaluation of your condition and symptoms than any PT group I have worked with.

Through a combination of stretching and strengthening exercises, manual therapy, and dry needling, we were able to resolve the issue. I would say I am probably 85-90% healed, but most importantly, I can exercise without pain. Previously I had stopped working out as my arm would become numb if I did any upper body weight training. Highly recommend.



Use the code to schedule your appointment today!



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WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ **REVIEWS**



Call today to schedule an appointment!

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Therapy Hours:

**Monday - Friday: 8 AM - 7 PM
Saturday: 8 AM - 4 PM**