



**ARE YOU
LIVING WITH
NECK PAIN?**

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• NEEDHAM CLINIC NOW OPEN!



ARE YOU LIVING WITH NECK PAIN?

Physical Therapy Can Help You Find Relief From Neck Pain

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 Elliott 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, 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 we can 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 to it. The most commonly reported risk factor is working in an 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.

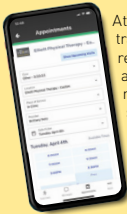
Sleeping in an awkward position can also lead to neck pain. If the head is held at a bad angle or twists wrong during the night, a stiff neck might be present in the morning. These awkward postures can affect the joints themselves, so the movements are limited and/or painful. Joint pain can come from 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 have stiffness, a "crick" in the neck, tightness in the muscles of the upper back and shoulders, and even headaches from neck dysfunction.

GOT OUR NEW APP?



At Elliott PT, we go beyond traditional healthcare delivery to redefine the patient experience and be available when you need us most! We have designed exclusive software that is available at all times to assist you with your Home Exercise Program.

You can now access us via an app on your computer, tablet, and/or smartphone.

Through our app, you can view upcoming appointments, request appointments, access videos that help aid in your recovery, and instant message your provider.

Once you are set up for an account, you will receive push notifications through your phone with reminders, messages, and more. Through the app, you also will earn achievements and awards for staying on top of your exercises and being a great patient!

And we are excited to announce the app now features Step Tracking! If you already have the app, you can access this new feature by downloading the new version of the app and if you are new to the app, you will be able to enable access the first time you log in.

How Do I Access?

To begin, your Elliott PT physical therapist will get you set up with a Home Exercise Program. From there, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!

Connect with your PT today about getting set up!



Scan to download!

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 that you have pain, this typically means that 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. Such changes may include:

- 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!

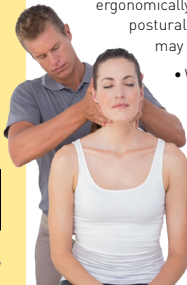
Physical therapy treatments for neck pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

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 Elliott PT 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!

Sources: <https://pubmed.ncbi.nlm.nih.gov/29197234/>; <https://pubmed.ncbi.nlm.nih.gov/31133629/>; <https://pubmed.ncbi.nlm.nih.gov/32317109/>; <https://pubmed.ncbi.nlm.nih.gov/33064878/>



How to Avoid Neck Pain During Your Vacation

Your vacation should be a time that's enjoyed, not spent in pain! Both physical demands and inactivity involved in traveling can put a toll on the body, which leads to issues like neck pain, muscle tightness, and overall discomfort. Fortunately, there are some ways that you can prevent neck pain from occurring so you can enjoy your vacation to the fullest!

Our Elliott Physical Therapy physical therapists can teach you more about pain and injury prevention and treat symptoms of an existing condition. Call us today to schedule an appointment!

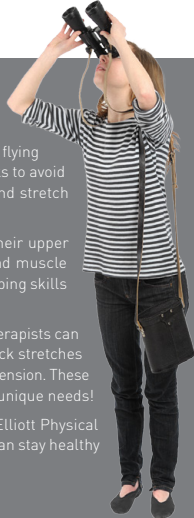
Tips for Neck Pain Prevention

While traveling, consider implementing these strategies:

- **Check Your Posture:** When you are seated for long periods of time, it can be difficult to maintain perfect posture. However, poor posture is one of the leading causes of neck pain. To prevent this from occurring, try to avoid slouching and looking down at your phone.

- **Make Sure to Stay Moving:** Whether you're flying or taking a road trip, try stopping for breaks to avoid muscle tightness. Get up, walk around, and stretch if you're able.
- **Stay Calm:** Many people carry stress in their upper back and neck, which can lead to pain and muscle tightness. Try practicing healthy stress-coping skills to help you stay calm while on the road!
- **Practice Gentle Stretches:** Our physical therapists can provide you with effective exercises and neck stretches that will help prevent pain and ease muscle tension. These will be based on your physical health and unique needs!

Don't let neck pain ruin your vacation! Call Elliott Physical Therapy today to learn more about how you can stay healthy and comfortable during travels.



SPOTLIGHT OF THE MONTH



Janna Gardner Office Manager

Janna Gardner is the Office Manager at our Easton location as well as Elliott Physical Therapy's Assistant Administrative Director. Janna is a graduate and collegiate athlete from Eastern Nazarene College. Prior to working at Elliott Physical Therapy,

she was an employee at the Old Colony YMCA for nine years, working in social services, health and wellness, and personal training.

Janna has been an advocate for our partnership with the Old Colony YMCA in Easton and instrumental in the establishment of our aquatic physical therapy program there. Janna together with the entire team at Elliott Physical Therapy-Easton were recently awarded the 2023 Community Impact Award from Old Colony YMCA. Janna has been a champion of our involvement in the annual Spin-a-thon and instrumental in maintaining a strong relationship with the YMCA throughout the years.



Janna demonstrates a positive leadership style that is evident in her daily communication with her team and her interactions across the company. She is described as collaborative and effective. Building community relationships and mentoring her team to do the same. She still very much enjoys fitness and recreation and hopes to continue to stay involved in community service and health initiatives through Elliott Physical Therapy.

Janna joined Elliott Physical Therapy as a part-time Care Coordinator and has carved a path toward leadership that is exceptional. Her talents are appreciated by all who work alongside her at Elliott Physical Therapy. In her free time, she enjoys movies, gardening and spending time with her husband and her dog Moose.



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