

DON'T LIVE WITH NECK PAIN



It's very easy to stick with bad habits that create neck pain. Slouching at the dinner table. Slumping over your desk. Hunching your shoulders forward. Poor seat adjustment in your car. All of the above can cause neck pain and could help explain any numbness/tingling you've felt in your arm or hand.

Understanding neck pain can be challenging. Neck pain can occur in a specific spot, with particular movements, or cover a broad area. Headaches and dizziness can also be caused by irritation around the upper neck region. Some people have what feels like muscle spasms between their shoulder blades, but it is actually pain that is referred from inflamed tissue in the neck. The neck area can also have virtually no pain, but still have symptoms referred down one or both arms in the form of tingling, numbness, achiness, or a weakness feeling.

WE CAN HELP!

Physical therapy is a great first step in fixing your neck pain and getting down to the bottom of what's going on. PT includes both passive and active treatments to eliminate your neck pain. Passive treatments help to relax you and your body (traction, massage, stretching, hot/cold therapy). They also prepare your body for therapeutic exercise, which is the active part of physical therapy.

In the active part of PT, you will learn various exercises to work on your flexibility, strength, and range of motion. You will learn how to correct your posture and move (bend/sit/squat) properly during your daily activities to prevent pain. Your program is individualized to you, taking into consideration your health, history and lifestyle. Researching neck pain exercises on your own won't necessarily work because everyone is different.

Your physical therapist can help you break those bad habits and create healthy new ones! To make sure that you're not re-injuring yourself, your therapist may ask you about your home and work environments and evaluate your posture during hobbies, giving you tips on how you can protect yourself from neck pain. Our FREE PAIN ASSESSMENT can help you on your quest to eliminate your neck pain, call us today!

EXERCISE ESSENTIALS

Always consult your physical therapist or physician before starting an exercise regimen.



UPPER TRAPEZIUS STRETCH

1. Sit at the front edge of a chair with your back straight and head held high.
2. With one hand, hold the side of the chair.
3. With your other hand, reach over your head and grasp it just above your opposite ear.
4. Relax the shoulder of the hand that is holding the chair and gently lean your body away from that side until you feel the gentle stretch in your upper neck.

Tip: Do not use your hand on your head to pull, use the lean of your body to get the stretch.

**CALL US TOLL FREE TODAY TO SCHEDULE
YOUR FREE PAIN ASSESSMENT!**

(855)HQPT-4ME

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SUMMER CHECK-UP

Often people view a Physical Therapy clinic as the health care equivalent of a mechanic's garage: you don't stop in unless something's not working, and when you do come in you try to get out as quickly as possible and hope you'll never have to come back. We don't just seek to "fix" people, but to optimize movement, to maintain that optimal movement, and help our communities and families understand how (correct) movement is crucial to overall health.

Physical therapy should be a part of your annual check-up. Your therapist will closely examine you from head to toe, assessing how you move and will identify areas that are not optimal and could lead to possible issues in the near future. They will recommend the best course of action. Also, they can address any pain you're having. You can avoid some health issues that can develop as a result of living a fast-paced and stressful lifestyle. Call us today to set up your assessment.



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HealthLine

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NECK PAIN? SEE
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Q/A

ASK THE THERAPIST...

THE MUSCLES BETWEEN MY NECK AND SHOULDERS ARE TIGHT, KNOTTED AND ACHE CONSTANTLY. I'VE TRIED MASSAGING THEM, BUT ONLY END UP WITH NECK PAIN AND A HEADACHE. WHAT ELSE CAN I DO?

Neck pain, back pain and headaches are often related to poor posture and a modern-day lifestyle that demands more sitting than ever. There are some basic exercises you can do that can help keep your body in balance and counteract the demands of everyday life. A licensed Physical Therapist is the perfect health care professional to assess your aches and pains and help you create an individualized program that will allow your body to heal properly.

This month's 'Ask the Therapist' is brought to you by the owner/director of our Romeo facility, Don Felstow. Don is celebrating his 10th year with HealthQuest and we're so fortunate to have him leading the Romeo team!

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