



AGEWELL
Physical Therapy & Wellness, P.C.



WE'VE BEEN VACCINATED!

Read more inside on the measures we're taking to keep you safe in our clinic!

Ask About
Our **FREE**
Transportation!

ARE YOU STRUGGLING WITH NECK PAIN? PHYSICAL THERAPY CAN HELP!

Read more inside on How Physical Therapy Helps Neck Pain,
5 Health Tips For The New Year, and We've Been Vaccinated!

www.AgeWellIPT.com

ARE YOU STRUGGLING WITH NECK PAIN? PHYSICAL THERAPY CAN HELP!



Do you have trouble holding your head up while sitting at your desk? Do you notice pain when tilting your head down to look at your phone or tie your shoes? Do you find it difficult to get comfortable when lying down to go to sleep at night? At AgeWell Physical Therapy & Wellness, P.C., our physical therapists can help you find relief for your neck pain once and for all!

Neck pain is common among adults, affecting up to 70% at some point in their lives. Unfortunately, a third of these people will develop chronic neck pain (i.e., pain that lasts longer than three months).

Even small amounts of pain can lead to a downward spiral in the quality of life, energy, and overall well-being. Fortunately, physical therapy can help resolve the pains in your neck!

If you're struggling with pain and discomfort in your neck, contact AgeWell Physical Therapy & Wellness, P.C. today to schedule your consultation.

What Are The Most Common Causes Of Neck Pain?

The neck is an integral area of everyday movement. Pain can prevent you from functioning correctly in your day-to-day life. Your neck relies on proper posture, flexibility, strength, and coordination to tolerate your normal activities and more advanced sports and recreational pursuits. In our daily lives, we place tremendous strain and demand on our necks. Stress and poor posture can lead to long-term pain and dysfunction.

The most common causes of neck pain include sprains and strains to the muscles, tendons and ligaments. Often the exact reason you are experiencing neck pain remains a mystery. Our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief.

Some of the more common causes of neck pain include:

- **Poor posture.** Prolonged periods spent slouching while working on a computer lead to a forward head posture, which puts extra stress on the neck. Looking down at a phone may also cause pain.
- **Sleeping in an awkward position.** Holding the head at a wrong angle during the night can lead to a stiff neck in the morning.
- **Repetitive motions.** Turning the head repetitively, such as side to side while swimming, may lead to irritation of the neck's muscles and joints.
- **Trauma.** Any fall or impact, such as a sports collision or whiplash from an auto accident.

**Get Your Life Back with
AgeWell Physical Therapy**

*Give us a call at (516) 488-8808 today to
schedule your appointment!*

Call (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!

HOW PHYSICAL THERAPY HELPS NECK PAIN

Our physical therapists are movement experts equipped to identify and treat the primary source of your neck pain. They will analyze your posture, movement, and problem areas to determine the best course of treatment for your needs.

Our treatment plans focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination. Your diagnosis will determine the make-up of your program and may include any combination of manual therapy, targeted stretches, exercises, activity modification, or posture recommendations.

Physical therapy can help significantly reduce your neck pain by implementing the following:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation. **Our team of therapists is dedicated to finding solutions that work!**

What To Expect At Physical Therapy

The main emphasis of physical therapy is education and instruction on effective exercises and proper posture. Our goals include:

- Reduce pain quickly through postural education and targeted movements/exercises
- Return to normal functioning in daily activities
- Minimize the risk of recurring pain (avoid painful postures and movements)
- Minimize the use of medication or surgery to eliminate pain

Your therapist will perform a thorough assessment to identify the category for treatment. They will then use the information obtained from this assessment to recommend specific neck exercises and advise on which postures are beneficial and which ones to avoid. These exercises allow you to identify how to resolve your current symptoms and possible future symptoms.



Contact Us Today

If your neck pain has limited your daily life, don't wait any longer to seek help. At AgeWell Physical Therapy & Wellness, P.C., our physical therapist will work with you to understand your goals and expectations to develop your personalized treatment plan. We are dedicated to providing you with the tools you need for recovery and relief!

Contact us today to schedule an appointment.

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150268/>
<https://pubmed.ncbi.nlm.nih.gov/28436583/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
<https://www.jospt.org/doi/10.2519/jospt.2017.0302>

Our goal is to help you reach yours! Come back into our clinic for treatment and take a step towards better health.

Give us a call at (516) 488-8808 today!

5 HEALTH TIPS FOR THE NEW YEAR

- 1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.
- 2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.
- 3. Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an

office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

- 4. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.
- 5. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



LEAVE US GOOGLE REVIEW!

Scan the QR Code to visit our Google Reviews page and tell the world about your experience with AgeWell Physical Therapy!



"Thank you for your kind and professional care. Your wonderful staff is dedicated to helping patients feel stronger and better! Thanks again." - 5-Star Review

WE'VE BEEN VACCINATED!



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS