

NEWSLETTER



FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

2022

How Does
Physical Therapy Help
With Neck Pain?

Exercise Of
The Month

Staff Spotlight
Taryn Miller



FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Have you noticed your neck seems sorer at the end of a long workday? Have you been in an accident and still have neck pain? If you are suffering from the debilitating effects of neck pain, you may benefit from an assessment by one of our physical therapists at Albanese Physical Therapy.

Approximately one-third of the population will experience neck pain in any given year, worsening if left untreated. In severe cases, they may even need surgery.

The neck is essential in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in your neck can cause various symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

The neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. **Call Albanese Physical Therapy today to get the relief you deserve!**

THE MOST COMMON CAUSES OF NECK PAIN

The most common causes of neck pain are sprains and strains resulting from prolonged postures, repetitive movements, or some

form of trauma (i.e., car accidents or sports injuries).

More severe impairments of the neck are often related to degenerative changes, disc pathology, or nerve injuries. Often it is a combination of multiple factors and injuries.

Poor postural habits like a forward head posture will place extra stress on the tissues and joints of the neck.

Trauma, including a fall or some impact like a sports collision or whiplash from a car accident, can lead to neck pain and loss of mobility.

Due to aging or previous injury, degenerative changes make us more susceptible to disc herniations, nerve irritation, and restrictions in the ability to move.

The key to treating neck pain is finding a solution. Our physical therapists are experts at identifying the cause of your pain, how to resolve it and how to prevent it from returning!



Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 419-8927

HOW DOES PHYSICAL THERAPY HELP WITH NECK PAIN?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. Our therapists emphasize education and instruction on effective exercises and proper posture.

Our main goals are to:

- Reduce pain and improve motion with manual therapy techniques
- Improve mobility through postural education and targeted movements/stretchers
- Improve strength to help you return to normal functioning in daily activities
- Educate you on strategies and techniques to minimize the risk of recurring pain
- Minimize and/or eliminate the use of medication or surgery

Your therapist will perform a thorough assessment to identify the source of your problem and the solutions that work most effectively. We will then use the information obtained from this assessment to recommend specific neck exercises and advice on which postures are beneficial and which ones to avoid for long-term success.

WHAT TO EXPECT DURING YOUR PHYSICAL THERAPY VISITS

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that your neck pain may cause. They will then design a treatment plan based on your individual needs. Our primary focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

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

- Manual therapy treatments which consist of special techniques designed to reduce the stiffness in the neck and improve the range of motion.
- Targeted exercises focusing on restoring your neck joint mobility and strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving your posture when sitting and standing.
- 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!

CONTACT ALBANESE PHYSICAL THERAPY FOR NECK PAIN RELIEF!

If you have been suffering from neck pain, don't hesitate to contact Albanese Physical Therapy today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs.

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>

EXERCISE OF THE MONTH

LEVATOR SCAPULAE STRETCH

Grasp your arm on the affected side and tilt your head downward into the armpit. Use your opposite hand to guide your head further into the stretch. This is a good stretch if you sit at a computer all day.



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UPCOMING FREE WORKSHOP

**KNEE/LEG PAIN
NOV 15TH, 2022 - 6PM**

Go to the Knee Pain Workshop and Learn:

1. The #1 Biggest Mistake People Suffering from Knee Pain Make Which Surprisingly Can Lead to Knee Pain Surgery
2. The Common Causes of Knee Pain Problems
3. The Top 3 Exercises for Knee Pain

The Knee Pain Workshop is for people suffering from knee pain who are looking to feel normal again and heal naturally without medications, injections, and surgery.

We have limited spots available and space will fill up fast, so register now to avoid missing out.



STAFF SPOTLIGHT

TARYN MILLER

Taryn lives in Daugherty Township with her husband of 31 years. She has two children and two grandchildren who she absolutely adores. She has an interesting farming background that includes milk testing, milking cows and breeding pigs. She also has worked in the service industry making Oram's donuts, styling hair, and managing a country market and deli.

Taryn has an out-going personality and loves working with people. Her hobbies include playing games, cooking, organizing, hunting, fishing, and spending time with her family. In her spare time, she goes on many camping trips with her family and friends.

Taryn is active at Concord Methodist Church in North Sewickley, PA where she has planned events for the church congregation.

I still can't believe how good I feel and how much more energy I have after working with Rich. I had been suffering with lower back and leg pain for a long time. **After a few weeks at APT, my back and leg pain is gone and I feel 10+ years younger! Thank you! I will recommend Albanese Physical Therapy again and again!**

C. D.

5-Star Google Review



FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

CONTACT US

(724) 419-8927

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albanesephysicaltherapy.com



@ALBANESEPHYSICALTHERAPY

NO TRICKS – TREAT YOURSELF TO PT BEFORE 2022 IS OVER

If you've already met your insurance deductible for the year, then your cost of physical therapy could be minimal or completely covered by your insurance plan.



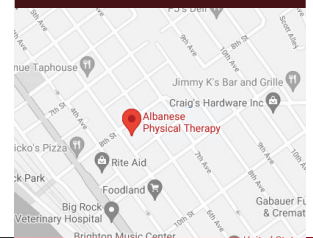
SCHEDULE AN APPOINTMENT TODAY!
(724) 419-8927



Have You Been Loving Albanese Physical Therapy?

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!



ALBANESEPHYSICALTHERAPY.COM