Anatomy Physiotherapy Clinic

NEWSLETTER



TAKING CARE OF THE PAIN IN YOUR NECK!

Have you noticed your neck seems more sore 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 physiotherapists at Anatomy Physiotherapy.

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, physiotherapy can help you regain your normal, pain-free function. Call Anatomy Physiotherapy 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 physiotherapists are experts at identifying the cause of your pain and will help resolve it and show you how to prevent it from returning.

See Inside

- *How Can Physiotherapy Help With My Neck Pain?*
- *Exercise Essentials*
- *Patient Success Spotlight*
- *Healthy Recipe*
- *And More!*

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www.anatomyphysioclinic.com



HOW CAN PHYSIOTHERAPY HELP WITH MY NECK PAIN?

Physiotherapy 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/stretches**
- **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 At Your Physiotherapy Visits

At your initial evaluation, one of our licensed physiotherapists 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.

Physiotherapy can help to 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 physiotherapists, such as ice and heat therapies, ultrasound, or electrical stimulation. Our team of therapists is dedicated to finding solutions that work!

Contact Anatomy Physiotherapy for neck pain relief!

If you have been suffering from neck pain, don't hesitate to contact Anatomy Physiotherapy 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



"Her knowledge of my issues and what to do about it gave me my left arm back when I was sure I was crippled for life. "

I have just finished Physiotherapy with Caroline. On the 5 star rating system I would have to rate her at least 10 big stars. I know that is off the chart but anything less would not tell the right story. Her knowledge of my issues and what to do about it gave me my left arm back when I was sure I was crippled for life. But that pales in comparison to her bedside manner. She not only fixed my shoulder but she corrected my feeling of doom and gloom. I hope I never need her help again but if I do I will not hesitate to call her. If anyone needs help you will be in good hands with her. **– Larry M.**

COVID-19 Precautions

Anatomy Physiotherapy is focused on keeping our equipment and facilities clean for you, **as well as wearing masks and face shields**. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



WASHING YOUR HANDS REGULARLY



AVOID TOUCHING YOUR FACE



SNEEZE & COUGH INTO TISSUES



AVOID HUGS OR SHAKING OF HANDS



DO NOT TOUCH MUCOUS



KEEP YOUR DISTANCE FROM THOSE INFECTED

HEALTHY RECIPE

Sicilian Eggplant Caponata



INGREDIENTS:

- 3 tbsp golden raisins
- 1 1/2 tbsp red wine vinegar
- 2 tbsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tbsp chopped drained capers
- 1/4 tsp crushed red pepper
- 2 tbsp chopped fresh mint

DIRECTIONS: Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Source: https://www.cookinglight.com/recipes/eggplant-caponata

Exercise Essentials

CHIN TILT

Stand or sit with good posture and your arms crossed over your chest. Slowly tilt your chin up and towards one side, then return to a neutral start position. Repeat ten times in each direction.



You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

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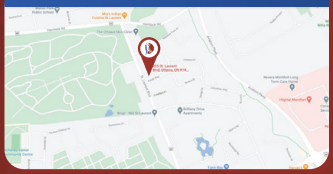
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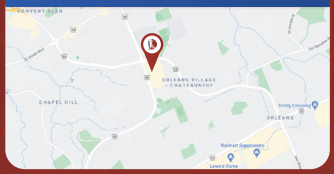
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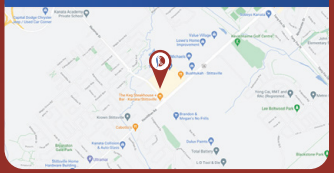
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3 Convenient Locations To Serve You!

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Call us to schedule an appointment today!

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