Anatomy Physiotherapy Clinic

NEWSLETTER

Are You Living With Neck Pain?

Find Relief From Neck Pain With Physiotherapy!

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? Physiotherapy at Anatomy Physiotherapy Clinic 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, the 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 to 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 can contribute. 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.

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ARE YOU LIVING WITH NECK PAIN?

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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, you have pain, which typically means you have a muscle problem. Your therapist can determine what is the likely cause of your problem and prescribe stretches to resolve it.

How Physiotherapy Can Help You Find Relief

Physiotherapists 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 physiotherapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. 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.

Physiotherapy Is An Effective Solution For Neck Pain!

Physiotherapy 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.

Physiotherapists 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 treatment to help you resolve your pain and/or restore your function.

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STAFF SPOTLIGHT



Yara Harb

Registered Physiotherapist, FCAMPT

Yara is a Registered Physiotherapist. She completed her Bachelors of Science with a Specialization in Biochemistry in 2009 and her Masters of Health Science in Physiotherapy in 2012 at the University of Ottawa. After graduating, Yara has been working in the Private Sector where she acquired experience in Neuro Rehabilitation, Vestibular Rehabilitation and Orthopedic Manual Therapy. She also has experience in Pelvic Floor Rehabilitation as she has completed various courses on managing Urinary Incontinence, Diastasis Recti, Pregnancy and Pelvic Girdle Pain.

Yara became a Fellow of the Canadian Academy of Manipulative Physiotherapy after obtaining her Diploma of Advanced Manual and Manipulative Physiotherapy from the Canadian Physiotherapy Association — Orthopedic Division in order to further improve her skills, clinical reasoning and integrate an Evidence-Informed Practice Approach to cases.

In her practice, Yara relies heavily on the Therapeutic Alliance forged between herself and the patient where she emphasizes the importance of a team-based approach to treatment. Patients are expected to complete their Home Exercise Program so as to ensure achievement of the best recovery. From her end, she is committed to providing the best quality care to her patients and is vested as they are in their healing. Her approach to treatment is that of the patient's attainment of their functional goals and their overall well-being.

Yara highlights the importance of physical activity and enjoys yoga and hiking in her own life. Her passion for her profession is evident as of the very first encounter with her. Don't be alarmed by her thinking intently: she does her best detective work that way!

Yara is our expert in Pelvic Health! Read more about Pelvic Floor Physiotherapy on our blog.

Click Here To Visit Our Blog On Pelvic Floor Health

HEALTHY RECIPE



MEDITERRANEAN CHICKEN SALAD

INGREDIENTS:

- 1/4 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

DIRECTIONS: In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

PATIENT SUCCESS SPOTLIGHT

"I have seen a huge improvement in the last few months."



"I started going to this clinic following a bicycle accident in May 2019. I am followed by two professionals: a physiotherapist and a massage therapist. Together they helped me recover the mobility I had lost and gradually decrease the pain I was feeling. I have seen a huge improvement in the last few months. The team is excellent, the receptionists are very friendly, and the clinic is very clean and modern. I highly recommend." **– M.P.**

We would love to hear your physiotherapy success story!

Click Here To Visit Our Google Review Page

Exercise Essentials

CHIN TUCK WALL

Stand against a wall with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. Slowly draw your head back so that your ears line up with your shoulders. Hold for 10 seconds and repeat 3 times.



Try this simple exercise to help relieve neck pain.

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

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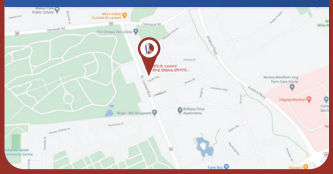
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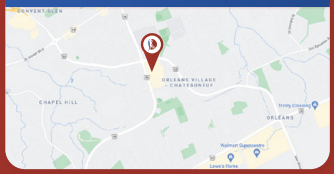
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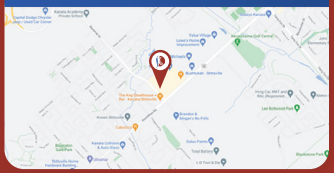
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Call us to schedule an appointment today!

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