



NEWSLETTER

Your #1 Health & Wellness Resource

ARC-REHAB.COM



Find Relief for Persistent Neck Pain with PT

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Find Relief for Persistent Neck Pain with ARC Physical Therapy

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 physical therapists at ARC 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 ARC 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!

Continued inside.



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FIND RELIEF FOR PERSISTENT NECK PAIN WITH ARC PHYSICAL THERAPY

Continued from previous page.

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.



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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!

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



IS YOUR DIGITAL LIFESTYLE AFFECTING YOUR NECK?

Text neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Of course, this posture of bending your neck to look down does not occur only when texting. For years, we've all looked down to read. The problem with texting is that it adds one more activity that causes us to look down — and people tend to do it for much longer periods. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.

We often see patients who have suffered from back and neck pain for years who could have been treated very easily when the pain started with simple postural corrections and stretches. If you have been suffering from back or neck pain, come see one of our therapists for an assessment of what is contributing to your pain.

If you or someone you know, is suffering from neck pain, call ARC Physical Therapy today! Our physical therapists can help relieve your pain and teach you how to avoid Text Neck and other neck problems going forward.

MONTHLY

TRIVIA

ENTER
AND WIN!

CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. What author of *Tarzan of the Apes* and *John Carter of Mars* was born on September 1, 1875?
2. On September 4, 1609 the island of Manhattan was discovered by whom?
3. What car company was founded by William Crapo "Billy" Durant on September 16, 1908 in Flint, Michigan?
4. In 1893, which country was the first to grant women the right to vote?
5. Which two tennis players participated in the much-hyped "*Battle of the Sexes*" in 1973?
6. What puppeteer, born in Greenville, Mississippi in 1936, brought to life beloved characters including a frog, a pig, and Bert and Ernie?
7. The first televised presidential debate took place on September 26, 1960 between which two candidates?
8. On September 30, 1955 what *East of Eden* and *Giant* star was killed in a car crash in California at the age of 24?

PATIENT SPOTLIGHT



"Surprised and grateful."

"I came to Kristin with one issue and not only was that issue resolved but others as well including a long-standing issue with daily pain that medication never helped. Surprised and grateful."

— Actual 5 star Google review.

EXERCISE OF THE MONTH

NECK STRETCH WITH LATERAL REACH

Start by standing up straight holding a dowel down in front of you with both arms straight. Raise both arms up to shoulder height and rotate your arms and torso over to one side while simultaneously rotating your head over to the other side until you feel a stretch in your neck. Hold for 30 seconds and repeat.



PT WIRED



Check out our YouTube channel for more exercise you can do at home. Click on Videos under the Health Tips tab on our website or scan the QR code to visit our YouTube Channel.

The Physical Therapists at ARC can develop an exercise plan designed to help you reach your goals.

Call today for your appointment!

COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



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