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PHYSICAL THERAPY CLINIC BY
THE READERS OF SUBURBAN LIFE
5 YEARS IN A ROW



Melissa's Story

FINDING RELIEF FOR RADIATING NECK PAIN



MELISSA'S STORY

FINDING RELIEF FOR RADIATING NECK PAIN

Neck pain alone is bad enough. It can prevent you from turning your head and keep you up at night. But sometimes, neck pain doesn't stay in your neck. Instead, it radiates down into your shoulder, arm, and even your hand, amplifying your discomfort.

Don't worry. The team at Advanced Rehabilitation can help resolve or manage radiating neck pain (officially known as cervical radiculopathy). Our physical therapists can help pinpoint why you're experiencing symptoms and provide strategies to overcome them.

In fact, we did exactly this for a recent patient, Melissa. Keep reading to learn what we did for Melissa — or call our clinic to learn what we can do for you.

Interpreting Melissa's Symptoms to Find the Cause

Melissa was in her early 60s when she began to experience a sharp pain in her neck. At first, she thought she could just ignore it until it went away. But then she began experiencing these additional symptoms:

- Pain that spread down into her shoulder and arm
- Numbness and tingling along the back of her arm and into her middle finger
- A sense of weakness in her tricep muscle

The only thing that seemed to help her symptoms was lifting her hand over her head, but obviously, this wasn't a permanent solution.

Our team conducted a thorough evaluation to get to the root of Melissa's pain — literally. We traced her symptoms to her C7 nerve root, located at the base of her neck.

The nerve there was irritated by a herniated disc in Melissa's cervical spine. Because the affected nerve spread down to her finger, she felt her symptoms throughout her arm.

Addressing the Cause to Help Melissa Find Relief

Most people experience herniated discs in their lower back. However, cervical herniated discs can happen — and just like their more common counterparts, physical therapy is a great choice for resolving the condition. Here's what we did for Melissa:

Step 1: Manage Acute Pain

We helped Melissa identify that her symptoms were worse when she turned her head to the left and when she tried to sleep on her side. To help her get a good night's sleep, we provided her with a cervical pillow and suggested she sleep on her back for the time being.

Continued inside.



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During our sessions, we used soft tissue manipulation to help the muscles in Melissa's neck and shoulder relax and to promote blood circulation to the area, which would help her herniated disc heal. We also gently guided her neck through its current range of motion to start working on her neck's mobility.

Step 2: Stretch and Strengthen

Melissa's herniated disc had likely developed due to age-related degeneration in Melissa's cervical discs. This was compounded by the fact that Melissa was a writer who spent a great deal of time sitting at her desk, which negatively affected her posture.

To counteract these issues, we guided Melissa through several exercises designed to improve her range of motion and strengthen the muscles of her neck and upper back. The strengthening exercises were particularly important, as they helped support Melissa's cervical spine.

Step 3: Prevent Future Occurrences

After six weeks of physical therapy, Melissa's symptoms had largely resolved. However, we wanted to ensure she didn't suffer another cervical herniated disc. We did a couple of things to help her accomplish this:

- **Corrected Her Posture:** We helped Melissa recognize when she was holding her spine in alignment, regardless of what she was doing.
- **Created an Ergonomic Workstation:** We worked with Melissa to redesign her computer workstation so that her monitor was at eye level — meaning she wouldn't have to strain her neck to look at her screen.
- **Suggest Simple Lifestyle Modifications:** The fact that Melissa spent so much time sitting increased the likelihood of her developing a herniated disc. We helped her devise a plan to take frequent breaks throughout the day using a kitchen timer: 30 minutes of work, then 5 minutes of standing up and stretching.

We Helped Melissa, And We Can Help You!

If you, like Melissa, are struggling with radiating neck pain, schedule an appointment at Advanced Rehabilitation. Our team of physical therapists will assess your symptoms and create a customized treatment plan just for you!

Contact your physical therapist today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.

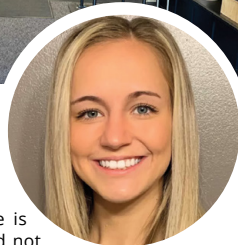


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MEET OUR MEDICAL GYM DIRECTOR



ALEX BOHNSTEDT



Hello everyone! My name is Alex Bohnstedt and I could not be more excited to be a part of the ARC Team. We recently opened a Medical Gym to bridge the gap between fitness and medicine. I am an Illinois State University grad, with a degree in Exercise Science and I am a certified Exercise Physiologist through ACSM. Growing up I was a competitive gymnast, in which I instantly fell in love with the body's ability for movement. Injuries then sparked my interest in corrective exercise and the mental side of physical activity. Having experience working with neuro, orthopedics, weight loss, and special populations — I am excited to continue helping individuals find their love for exercise. A healthy mind and body are a window into endless opportunities!

Reach out to abohnstedt@arc-rehab.com to schedule your fitness assessment and consultation today!

Request an Appointment





Preparing for Spring Golf

With spring around the corner, golfers are eager to hit the greens in their best form. Physical therapy at Advanced Rehabilitation can provide golfers with the tools and techniques to optimize their performance and mitigate injury risks as they head into the spring season.

Both amateur and professional golfers can experience a variety of injuries, from lower back pain to elbow tendinitis. Fortunately, our physical therapists can identify movement faults or muscle imbalances that set individuals up for such injuries. We'll address these imbalances, so golfers can enhance their performance on the course.

How Physical Therapy Can Improve Your Golf Game

As the spring season approaches, golfers are eager to get back on the course, but after a long winter hiatus, there is a risk of injury if not properly prepared. At Advanced Rehabilitation, our physical therapists can play a pivotal role in getting golfers ready for the upcoming season.

Mobility and Strength

Golf demands a unique combination of mobility and stability. The rotation required for a golf swing involves almost every joint in the body, especially the spine, hips, and shoulders.

Our targeted interventions can introduce golfers to a program of stretching and mobility exercises designed specifically for these demands. With increased mobility and strength, golfers can achieve a fuller range of motion, enhancing the fluidity and efficiency of their swing.

Performance Enhancement

Advanced Rehabilitation, which specializes in golf-related fitness, has often emphasized that there isn't one perfect swing, but every golfer has one efficient swing. Our physical therapists offer specialized assessments to identify any weakness or restriction in mobility that may hinder a golfer's swing efficiency.

We'll design strength and conditioning programs that address these limitations to ensure you can improve your swing and increase your shots' distance and accuracy!

Education and Self-management

Knowledge is power. Our physical therapists educate golfers about body mechanics, swing techniques, and self-management strategies to ensure longevity in the sport. This includes guidance on proper warm-up techniques, cool-down stretches, and nutrition and hydration strategies for golfers.

As the spring season approaches, golfers looking to step up their game and stay injury-free should consider incorporating physical therapy into their preparation routine. At Advanced Rehabilitation, our multifaceted approach offers golfers a pathway to optimize their performance, while minimizing their risk of injury so they can enjoy the game they love!

[CLICK HERE to learn about our golf programs!](#)

HEALTHY RECIPE

ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE & POMEGRANATE



Celebrate those cold winter evenings with this delicious and healthy dish!

INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds

DIRECTIONS: Preheat oven to 400 degrees F. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

<https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>

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.

Request an Appointment

(630) 323-8646

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