

# Neck Pain



## Neck Pain

### Get your patients relief from neck pain with physical therapy

Among adults, 20% to 70% will experience neck pain that interferes with daily activities throughout the lifespan. Neck pain is one of the most common diagnoses we treat in physical therapy; pain can come from many origins, such as degenerative changes, muscle imbalance, disc injuries, facet joint restrictions, muscle strain(s), and poor posture or body mechanics. Research shows that the treatment of neck pain by a physical therapist can reduce both the use of opioids and medical costs.

Physical therapy for neck pain includes a thorough examination of range of motion, strength, flexibility, joint mobility, and nerve tension to determine the root cause of the problem. Physical therapists often provide manual therapy to improve joint mobility and soft tissue tone through joint and/or soft tissue mobilization. Manual therapy is followed by neuromuscular reeducation, which involves activation and retraining of the cervical and scapular muscles to support mobility and postural changes. Patients are given a home exercise program to address muscle weakness and imbalance, as well as range of motion. Body mechanics are also an important part of physical therapy education so patients can learn to move with improved efficiency. Patient education includes proper posture for sitting, standing, sleeping, and workplace ergonomics so there is less stress on joints and tissues. Contact us today to learn more about how we can help your patients recover from neck injuries.

### About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

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