

## Neck Pain

We are looking forward to working with you to decrease your neck pain and get you back to doing the things you love.

Neck pain is one of the most common reasons to visit a physical therapist, with approximately 20% of the population experiencing neck pain at some point in their life. For a majority of people, neck pain is not caused by serious pathology and can be readily treated by a physical therapist. This is good news because research has shown that people with neck pain often experience quicker improvements in the short term and long term in areas such as pain, disability and perceived recovery when working with a physical therapist.

Your treatment with your physical therapist may include a resistance exercise program, a progressive aerobic exercise routine, manual therapy, and education on your pain/condition. You'll also receive a home exercise program to empower you to self-manage and treat your pain. You will also have access to an online portal where you can view your home program, ask your therapist a question, and track your progress. Each aspect of your care will be uniquely tailored to your ability, goals, and interests.

As we move forward, here are 3 very important things to keep in mind to speed up your recovery:

### **1. Remain Active/Motion is Lotion**

Try to keep moving as much as you comfortably can. Research has shown that staying active can be very beneficial in your recovery. It is good to continue your day to day activities and to participate in light-exercises such as walking. If any of these activities increase your neck discomfort, it is okay to discontinue them and try something else.

### **2. Hurt Does Not Always Equal Harm**

Many people with neck pain initially limit their activity because they are afraid to cause damage to their neck. As mentioned above, staying active is very important in your recovery. The human spine is remarkably strong and resilient, so it is highly unlikely that your normal day-to-day activities will do anything harmful to your neck. The severity of pain does not always match the level of damage to your body. Think of how painful stubbed toes can be, especially in the morning when you're half asleep. There is very little tissue damage with a stubbed toe, but significant discomfort. With this in mind, it is important to be conscious of your pain, but do not let it scare you!

### **3. Changes in your symptoms**

If you notice any significant changes in headache frequency/intensity, changes in your vision, your speech or your ability to swallow, or experience significant nausea, vomiting, or dizziness, be sure to contact your doctor immediately.

We look forward to serving you!

- The InMotion PT and Golf Fitness Team