



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

FIND RELIEF FOR NECK PAIN

THIS AUTUMN WITH 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 Rebound Fitness & Rehabilitation.

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 Rebound Fitness & Rehabilitation 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!

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.

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OUR GOALS FOR YOUR TREATMENT

OUR MAIN GOALS ARE TO:

1. Reduce pain and improve motion with manual therapy techniques
2. Improve mobility through postural education and targeted movements/ stretches
3. Improve strength to help you return to normal functioning in daily activities
4. Educate you on strategies and techniques to minimize the risk of recurring pain
5. 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.

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.
- Improving your posture when sitting and standing.
- Improving the coordination of your neck muscles.

- Targeted exercises focusing on restoring your neck joint mobility and strengthening your mid-back muscles and shoulders to provide support to your neck.

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!

CONTACT US FOR NECK PAIN RELIEF!

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

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150268/> • <https://pubmed.ncbi.nlm.nih.gov/28436583/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/> • <https://www.jospt.org/doi/10.2519/jospt.2017.0302>

Exercise Essentials

LAT STRETCH

Place foam roller underneath your forearms, directly above your wrists. From a kneeling position, try to bring your butt to your heels while maintaining your arms forward and stationary on the foam roller. Allow your head to drop to the floor.



THORACIC ROTATION

Lie on your side with your hips and knees bent to 90 degrees. Use a towel or small pillow under your head to keep the spine straight. Stretch your arms out perpendicular to your body with fingers pointed and right hand over left. Keep your knees together and rotate your body to place the back of your right hand on the floor behind you. Repeat several times. Switch sides.



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HEALTHY TIPS

National Physical Therapy Month

October is fast approaching, and with it comes its share of official "national day" designations, including whimsical days like "National Pumpkin Seed Day." But did you know that the entire month has been dedicated to National Physical Therapy Month? So, as the leaves are turning and you're working on your jack-o-lanterns, take the time to learn more about the many benefits of physical therapy.

WHAT IS NATIONAL PHYSICAL THERAPY MONTH ALL ABOUT?

For almost 40 years, physical therapy has been celebrated by official proclamation. And since 1992, October is the month for honoring physical therapists and the important role they play in healing people in pain. In the modern era of social media, hashtags like #UsePhysicalTherapy and #ChoosePT have helped spread the word.

Physical Therapy Month allows patients to share their stories about how PT has changed their lives for the better. It also gives physical therapists a forum for spreading the word about the different kinds of treatment patients can receive.

Many members of the general public don't realize that aside from specialized exercises that build strength and flexibility, PT also offers pain management through massage, heat and cold applications, and specialized electronic-pulse devices.

WHAT SYMPTOMS AND CONDITIONS DOES PT HELP?

Physical therapy tends to be associated with sports injuries, along with chronic problems such as back pain, surgery recovery, and balance issues. Yet, you may not realize the range of problems which physical therapy can help – both for pain management and to help ease other symptoms.

Do you have hand pain and stiffness? Physical therapists treat hand and wrist conditions ranging from carpal tunnel to "trigger finger." Tennis elbow and rotator cuff injuries can also be aided through PT.

Among other conditions the general public may not associate with physical therapy are pelvic floor dysfunction, TMJ, cardiopulmonary disease, Parkinson's, and traumatic brain injuries.

If you've become afraid of the pain. Obviously, nobody welcomes physical discomfort. But some people become overly dependent on a pill's ability to remove all aches and twinges. In physical therapy, pain is a way to determine exactly what needs to be worked on, in order to reduce discomfort down the road.

Sources <https://www.moveforwardpt.com/ChoosePT/Toolkit> • <https://www.moveforwardpt.com/choose-physical-therapy-over-opioids-for-pain-management-choosept> • <https://www.moveforwardpt.com/Resources/Detail/physical-therapy-vs-opioids-when-to-choose-physica> • <https://www.medicalnewstoday.com/articles/160645.php> • <https://nationaldaycalendar.com/national-physical-therapy-month-october>