



## **FIND NECK PAIN RELIEF WITH PHYSICAL THERAPY**

**READ MORE BELOW ABOUT OUR VIDEO TIPS OF THE MONTH**

**COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!**

Neck pain — a discomfort that affects countless individuals, often striking at the most inconvenient moments. Whether you're at work, pursuing your favorite hobbies, or simply trying to get a good night's sleep, neck pain can be an unwelcome companion. At Rebound Fitness & Rehabilitation, our skilled therapists have a proven track record of assisting patients in resolving their neck pain. Our comprehensive treatments explore the common causes of neck pain, their risk factors, targeted techniques, and prevention strategies to ensure you resolve your pain and get back to doing what matters most! Read on to learn how physical therapy can be a game-changer in finding relief from neck pain!

### **Understanding Neck Pain**

Neck pain can happen for various reasons. It might be due to poor posture, muscle strain, or, in some cases, something more serious like a herniated disc. In other cases an underlying medical condition can also lead to neck pain. The neck is a complex part of our body, with bones, muscles, and nerves all working together. When something goes wrong in this delicate balance, it can result in pain and discomfort.

### **How Physical Therapy at Rebound Fitness & Rehabilitation Can Help**

Physical therapy is all about using exercises and techniques to improve movement and reduce pain. Here's how it can work wonders for your neck pain:

#### **1. Targeted Exercises**

Our experienced therapists are experts at designing exercises that specifically target the muscles and structures causing your neck pain. These exercises are tailored to your needs, ensuring they are effective and safe.

#### **2. Posture Correction**

Many of us have less-than-ideal posture, especially when working on computers or looking down at our phones. Our skilled physical therapists will teach you how to maintain good posture, reducing the strain on your neck muscles.

#### **3. Hands-on Techniques**

Your therapist may use hands-on techniques like manual therapy techniques or gentle stretches to alleviate muscle tension and improve mobility in your neck joints.

#### **4. Education and Self-care**

Understanding how to take care of your neck is essential. Your therapist will provide valuable insights on ergonomics, lifestyle changes, and self-care practices to manage and prevent future neck pain.

Our team stays up-to-date on the most advanced treatments and will adjust your program as needed. We will give you the tools to resolve your current episode of pain so you can get back to doing what you love!

# WHAT TO EXPECT DURING PHYSICAL THERAPY

Your first visit, your physical therapist will conduct a thorough evaluation. They will ask about your medical history, assess your range of motion, and discuss your pain symptoms.

Once they have a clear picture, they will create a personalized plan for your recovery. This plan will include specific exercises and techniques tailored to your condition. You'll work closely with your therapist, who will monitor your progress and adjust as needed.

## Here are some of the benefits you can expect from physical therapy for neck pain:

- 1. Pain Relief:** The primary goal of physical therapy is to reduce your pain and discomfort. With targeted exercises and techniques, many people experience significant relief.
- 2. Improved Mobility:** You'll likely notice improved neck mobility as you progress through your therapy. This means you can turn your head more easily and without pain.



## Coupon Corner

**FREE 15 MINUTE**  
DISCOVERY SESSION



*Call To Schedule Today!*

WE LOOK FORWARD TO YOUR CALL:

**847.748.1320**

**3. Better Quality of Life:** Neck pain can limit your daily activities. Physical therapy can help you regain your ability to do things you love, like gardening, playing sports, or even just enjoying a pain-free night's sleep.

**4. Preventing Recurrence:** Our physical therapists don't just treat the symptoms; they also work on preventing future episodes of neck pain. By learning better habits and exercises, you can reduce the chances of neck pain returning.

If you've been dealing with neck pain, physical therapy might be the solution you've been looking for. Reach out to our physical therapists and work towards a pain-free future.

## Take the First Step Towards Neck Pain Relief – Schedule Your Consultation Today!

At Rebound Fitness & Rehabilitation, we understand that neck pain can affect individuals from all walks of life. If you're dealing with neck pain or want to prevent it from interrupting your life, reach out to us today, and let us help you create your own success story!

Sources: <https://www.jospt.org/doi/full/10.2519/jospt.2017.0302> • <https://pubmed.ncbi.nlm.nih.gov/36180150/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>

## Patient Success



"I am a surgeon who had a knee replacement about 4 to 5 weeks ago. I must tell you my experience at Rebound Fitness & Rehabilitation for my knee physical therapy. Greg and Jay have been unbelievable. They are very dedicated and really truly know what they're doing. I have been at another rehabilitation place for my other knee about a year ago and left because they truly didn't know what they were doing. Now Jay is working all of this out. He is working on my recently operated knee and the other one too. I cannot begin to thank Jay and Greg for all of their professional help. I cannot give them enough stars. As a surgeon, I can tell you these two men and the entire staff are truly extremely competent and professional." – T.J.



**REBOUND  
FITNESS &  
REHABILITATION**

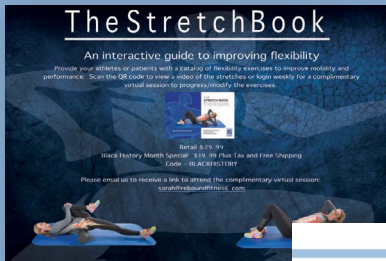
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For more information, visit us at: [REBOUNDFITNESS.COM](http://REBOUNDFITNESS.COM)

## Share The Path To Better Health!

Share the benefits of physical therapy with a friend!

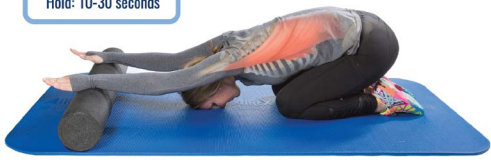
We appreciate your confidence and will do our best to help those you refer meet their health and rehab goals. Thank you to all of our friends who refer others to us! Leave us a Google review! Click the button below to leave your review now. Your positive review helps us impact more people's lives!

*Leave A Review*

# VIDEO TIPS OF THE MONTH

**Latissimus Stretch** REBOUND FITNESS & REHABILITATION

Hold: 10-30 seconds




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**Serratus Stretch** REBOUND FITNESS & REHABILITATION

Hold: 10-30 seconds



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**Thoracic Stretch with Rotation** REBOUND FITNESS & REHABILITATION

Hold: 10-30 seconds



Repeat on other side

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**Thoracic Stretch** REBOUND FITNESS & REHABILITATION

Hold: 10-30 seconds



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