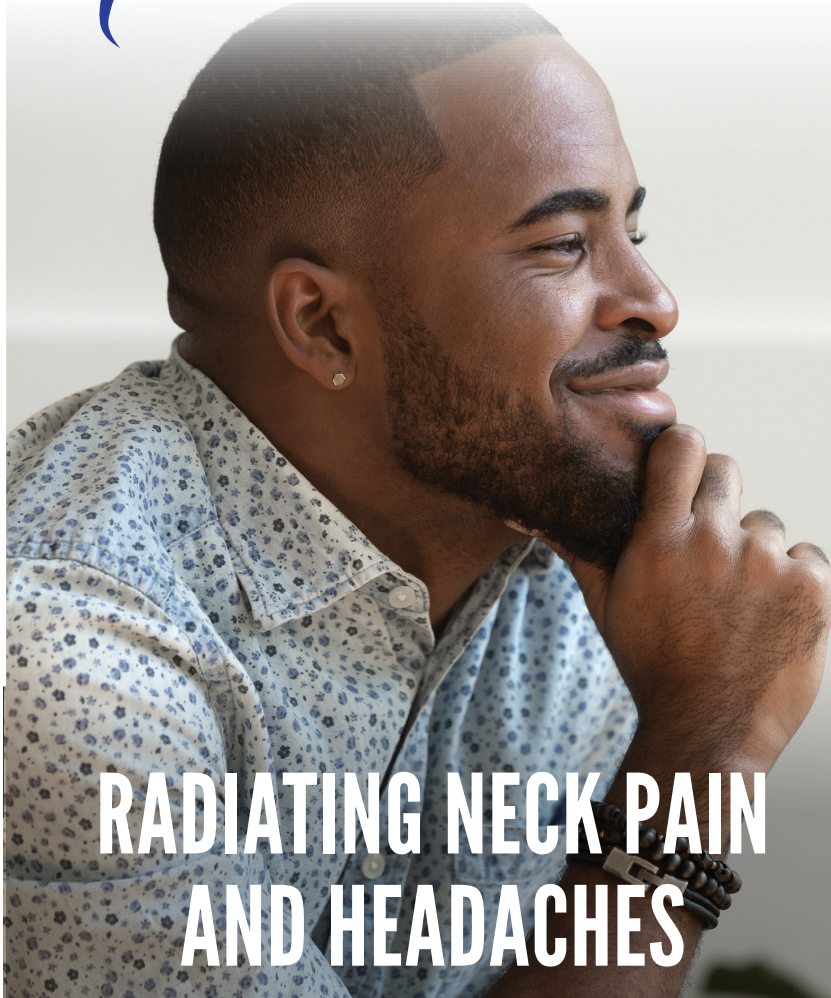




Physical Therapy

N E W S L E T T E R



RADIATING NECK PAIN AND HEADACHES

How Physical Therapy Can Help You

Find relief for your chronic pain

Exercise Essentials

*Try this exercise to
strengthen leg muscles*

Your Health In Mind!

*We are offering telemedicine
to all our clients*



If you really had to narrow down the frustrations that come with dealing with chronic pain, perhaps the single largest frustration would be having to deal with the pain day after day. Chronic pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge, as can sitting in a desk chair all day, or attempting to pick up your child when he or she is upset. Some of these tasks are more difficult to get around than are others, and, depending on how the pain is impacting your life, the stress of having to go through extra steps to make basic things happen can really get out of hand.

Neck pain is one of those types of pain that is difficult to work around. Pain in the neck and back will frequently begin to radiate the longer it hangs around, and that could mean shooting pain up your neck and back, all the way into the base of your skull. Once neck pain begins to turn into headaches, attempting to concentrate at work can become exceedingly difficult.

What Causes Neck Pain?

There are a large number of culprits that could be behind your experience of neck pain, including accidents, such as a car accident or a slip-and-fall accident, as well as sporting injuries. The reason why neck pain frequently becomes so severe is due to the fact that blood vessels have to pass through your neck to reach the head.

A spasm in the neck muscles could lead to constricted blood circulation, and therefore migraine headaches. What's worse,

since the neck is connected to the spinal column and therefore connected to the nervous system, pain in the neck can quickly develop into tingling or numbness in the hands, arms and fingers, which can be uncomfortable and frustrating when you are going about daily tasks.

When neck pain develops as a result of a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine headaches. The pinched nerve can cause pain to radiate from the neck into the skull and can cause a disruption to typical nerve patterns. Working with a physical therapist can help you address pain caused by a pinched nerve, and therefore can reduce the severity of headaches that develop as a result of neck pain.

Physical Therapy and Neck Pain

The good news is that there is actually a lot that you can do to support the healthy operation of your neck, thereby reducing the severity or frequency of your neck pain. Working with a physical therapist is the best way to address neck pain.

(Continued Inside)



Suffering from neck pain? Call 253.850.9780 to schedule a consultation with your physical therapist at Physioworks today!

HOW PHYSICAL THERAPY CAN HELP YOUR CHRONIC PAIN

During physical therapy, your neck pain will be addressed holistically, taking into consideration the initial injury that may have caused the pain to develop, but also any other habits, movements or compensations that may be contributing to the discomfort. Physical therapy takes advantage of strategies like massage, stretching and muscle training to reduce neck pain, and many of these strategies can be adopted in part at home or on-the-go to help you address your neck pain when it is bothering you the most.

Adopting healthier habits can have a big impact on your management of neck pain. These include:

- Practicing improved posture
- Wearing recommended footwear
- Using lumbar support in your desk chair or car
- Exercising regularly
- Engaging in regular stretching, like yoga

One of the primary goals of physical therapy is to address whole-body well-being by encouraging improved overall health. In many situations, this includes improved flexibility and range-of-motion training, muscle building and strength training, and even in some cases, encouragement with cardiovascular activities and weight loss.

At the end of the day, the best way to be free of neck pain is to prevent neck pain from developing, and working with a physical therapist can help you in this regard, as well. The tasks that you do every day can build up over time and cause a lot of stress on your body, and the neck and shoulders are some of the most common places to carry that stress. You may not even realize the impact that simple tasks that you do every day have on your body and your experience of pain. Things like driving, lifting heavy objects — like packages at the front door or even your groceries — and repetitive movements like hunching over a keyboard at work can all seriously impact your neck pain.

The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. If you experience an injury, the smart thing to do is to consult a physical therapist soon after the pain develops.

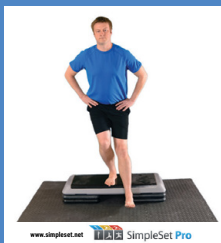


Source

<https://www.moveforwardpt.com/symptomsconditionsdetail.aspx?cid=8402b1d2-6580-41b2-b4ff-25a0cd6dac3a>
<https://www.verywellhealth.com/pinched-nerve-headache-treatment-1719581>

EXERCISE ESSENTIALS

This Exercise Helps To Strengthen Legs!



KNEE EXTENSION STRETCH

Stand on a step. Lower one foot slowly towards the ground. Keep your hips level! Step down and then off the step. Keep your knees aligned over your feet. Repeat 10 times, alternating start legs.

YOUR HEALTH IN MIND!

We are excited to announce that we are offering telemedicine to all our clients due to the COVID-19 pandemic.

In the clinic, we are taking all the necessary precautions so that we may keep working to care for our clients. We want to encourage those who do not think that they need hands-on care to stay at home and receive their treatment through the telemedicine option. If you do wish to continue with physical therapy in person, treatment is still available for you! We look forward to continuing to care for you on either platform.

Our doors are **currently open** for full rehabilitation services, in addition to our telemedicine option. For more information, feel free to call us at **253.850.9780**. Everyone stay safe and stay healthy.

*We are now accepting
Blue Cross Blue Shield insurance!*

SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!

OUR HAND THERAPY TEAM IS GROWING!

PhysioWorks is excited to announce the growth of our hand therapy program! **Please join us as we welcome our new Hand Therapist, Gina Caruso MSOT, OTR/L to the team.** As a hand therapist, Gina has experience within fast-paced hand therapy settings, working closely with surgeons and other medical professionals treating predominately postoperative populations.

Through use of surgeon protocols, strong clinical reasoning, evidence-based practice strategies/interventions, and custom orthosis fabrication, she prides herself on providing collaborative client centered care.

What Hand Therapy Treats:

- Fractures
- Wounds
- Burns
- Lacerated or injured tendons or nerves
- Amputation of fingers or hands
- Tennis elbow
- Cubital tunnel syndrome
- Carpal tunnel syndrome
- Neurological problems
- Arthritis

How Hand Therapy Treats:

- Custom Orthosis
- Fabrication
- Neuromuscular
- Reeducation
- Manual Therapy
- Scar management
- Wound Care
- Functional adaptive strategies
- Joint protection strategies
- Tissue Mobilization
- Edema Management

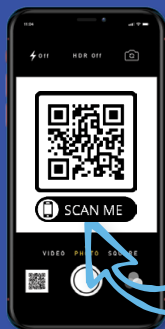


Gina Caruso MSOT, OTR/L

DO YOU HAVE A SUCCESS STORY WITH US?

We Make It Easy To Leave A Review!

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!



GETTING CUSTOM ORTHOTICS HAS NEVER BEEN EASIER

PhysioWorks is proud to announce they are now using Go 4-D's 3D printing in their clinic for custom orthotics. Go 4-D has partnered with HP Inc. to provide a FitStation that combines medical-grade 3D foot scanners, gait analysis, and prescriptive 3D printed custom orthotics. This new technology has evidence-based diagnostic scanning and is bio-compatible and non-toxic.

Patients no longer have to deal with a plaster casting, but instead are able to walk on a pressure plate that collects data and is transmitted to a software program that creates digital images of their feet. Our physical therapists are able to use this information to then recommend a custom prescription for orthotics. The process is very interactive and allows our physical therapists the tools needed to prescribe orthotics based on each person's biomechanics. Through the use of nine laser-powered cameras inside the scanner, our physical therapists are able to see 3D images of 10 distinct areas from the foot up to the ankle.

Once our physical therapist prescribes a custom orthotics, we send that prescription to Go 4-D who then uses a 3D printed to create the orthotics. The process takes about two weeks for patients to receive them.

CALL 253.850.9780 TO SCHEDULE YOUR APPOINTMENT WITH A PHYSICAL THERAPIST TODAY