



PhysioWorks

NEWSLETTER



KNOCK OUT YOUR NECK INJURIES
COME BACK TO PT!

Physical Therapy
Occupational Therapy

Work Conditioning
Work Hardening
On-Site Worker Treatments

Hand Therapy
FCE



KNOCK OUT YOUR NECK INJURIES

COME BACK TO PT!

Do you have trouble holding your head up while sitting at your desk? Do you notice pain when tilting your head down to look at your workstation or phone? Do you find it difficult to get comfortable when lying down to go to sleep at night? Our physical therapists can help you find relief for your neck pain once and for all!

Neck pain is common among adults, affecting up to 70% at some point in their lives. Unfortunately, a third of these people will develop chronic neck pain (i.e., pain that lasts longer than three months). According to the Bureau of Labor Statistics, neck injuries impact over 28,000 workers annually.

Even small amounts of pain can lead to a downward spiral in your ability to function at work. The worse you feel, the harder it is to concentrate and perform even normal activities of life. Fortunately, physical therapy can help resolve the pains in your neck!

If you're struggling with pain and discomfort in your neck, contact us today to schedule your consultation.

WHAT ARE THE MOST COMMON CAUSES OF NECK PAIN?

The neck is an integral area of everyday movement. Pain can prevent you from functioning correctly in your work-life. Your neck relies on proper posture, flexibility, strength, and coordination to tolerate your normal activities and more advanced job-related tasks and even recreational pursuits. In our daily lives, we place tremendous strain and demand on our necks. Stress and poor posture can lead to long-term pain and dysfunction.

The most common causes of neck pain include sprains and strains to the muscles, tendons and ligaments. Often the exact reason you are experiencing neck pain remains a mystery. Our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief.

(Continued inside)

HOW PHYSICAL THERAPY HELPS YOUR BACK PAIN

Some of the more common causes of neck pain include:

- **Poor posture.** Prolonged periods spent slouching while working on a computer lead to a forward head posture, which puts extra stress on the neck. Looking down at a workstation may also cause pain.
- **Repetitive motions.** Turning the head repetitively, such as side to side while driving or working a forklift, may lead to irritation of the neck's muscles and joints.
- **Sleeping in an awkward position.** Holding the head at a wrong angle during the night can lead to a stiff neck in the morning.
- **Trauma.** Any fall or impact, such as whiplash from an auto accident.

HOW PHYSICAL THERAPY CAN HELP YOU RELIEVE YOUR PAIN

Our physical therapists are movement experts equipped to identify and treat the primary source of your neck pain. They will analyze your posture, movement, and the requirements of your job to determine the best course of treatment for your needs.

The majority of workplace neck injuries are the result of sprains and strains. ***Some other sources of neck pain include:***

- Overuse due to repetitive movements or prolonged positions
- Sudden movements (i.e. whiplash)
- Impact injuries from falls (i.e. fractures, herniated discs pinched nerves)

Paralysis from spinal cord injuries also occurs, although they are relatively rare.

Our treatment plans focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination. Your diagnosis will determine the make-up of your program and may include any combination of manual therapy, targeted stretches, exercises, activity modification, or posture recommendations.

Physical therapy can help significantly reduce your neck pain by implementing the following:

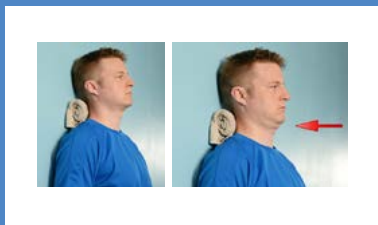
- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.

EXERCISE ESSENTIALS

Helps Relieve Neck Pain

CHIN TUCK WALL

Stand against a wall with a small rolled-up towel in the small curve of your neck, slowly draw your chin towards your chest. Slowly draw your head back so that your ears line up with your shoulders. Hold for 10 seconds and repeat 3 times.



www.simpleset.net  SimpleSet Pro

REFER -A- FRIEND!

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at PhysioWorks is to leave a greater impact on the communities around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our communities.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!

253.867.5759

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

Your therapy may also include additional methods deemed fit by your physical therapists, such as changing the ergonomics or your office space and/or workstation. In addition, we will teach you strategies to manage your pain like using a lumbar roll when sitting to ensure you have proper posture and recommended frequent breaks and changes of position/activity to avoid aggravating your pain. Our team of therapists are dedicated to finding solutions that work!

CONTACT US TODAY:

If your neck pain has limited your ability to do your normal work duties, don't wait any longer to seek help. At PhysioWorks, our physical therapist will work with you to understand your goals and expectations to develop your personalized treatment plan. We are dedicated to providing you with the tools you need for recovery and relief!

- <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>
- <https://www.bls.gov/news.release/pdf/osh.pdf>



Iryna Hrytsyuk

COTA

Iryna is originally from Ukraine and is fluent in Ukrainian and Russian languages. Her creative personality keep patients engaged and motivated to pursue their rehab goals. Iryna has accumulated rehab experiences in a variety of settings including inpatient and outpatient rehabilitation and administering

Occupational Therapy services to a diverse population. She continues to broaden her education by pursuing additional training in Hand Therapy which not only deepens her knowledge base of upper extremity impairments but also includes the capacity to fabricate custom splints for patients. Iryna has also been an essential part of developing and implementing our industrial rehab program systems and processes. Not only does she specialize in programming daily treatment plans, but she also creates and designs job simulation tasks. Outside of work, she can be found spending time with her family, singing at church, and practicing her guitar. And don't let her quiet disposition fool you. Iryna's a stickler for body mechanics has been known to push and pull over 250lbs with perfect form.

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!



COME BACK TO PHYSICAL THERAPY!

Call us at **253.867.5759** to book your appointment today!

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