



NEWSLETTER

SE HABLA ESPAÑOL

A photograph of a woman and a young girl sitting together, smiling and playing with string lights. The woman is on the left, looking towards the girl on the right. They are both holding and looking at the string lights, which are glowing warmly. The background is softly lit, suggesting an indoor setting with curtains and more lights.

IS NECK PAIN TAKING THE JOY OUT OF LIFE?

Find relief with Physical Therapy!

INSIDE

- EXERCISE ESSENTIALS: NECK STRETCH WITH LATERAL REACH
- PATIENT SUCCESS STORY
- SONIA'S CORNER

OptimumPhysiotherapies.com

SCHEDULE AN APPOINTMENT TO FIND OUT HOW PHYSICAL THERAPY CAN HELP YOU BECOME HEALTHIER, STRONGER AND MORE ACTIVE!

ARE YOU LIVING WITH NECK PAIN? FIND RELIEF WITH PHYSICAL THERAPY!

INSIDE:

- Exercise Essentials: Neck Stretch With Lateral Reach
- Patient Success Story
- Sonia's Corner
- Optimum Physio Therapies FREE Workshops

Do you struggle to turn your neck while driving? Are you finding it difficult to get through the day without stiffness and pain in your neck? Physical therapy at Optimum Physio Therapies can help you find the relief you're searching for!

Neck pain can be both debilitating and scary to live with. When you experience an injury that leaves your neck in severe pain, the thought of not being able to turn your head freely is overwhelmingly stressful. What's more, the pain from no apparent reason can be even more challenging to know what to do.

There are a lot of different ways that you can relieve neck pain. Our team of therapists is focused on finding the best treatment for your personal needs. Call our clinic today to learn how we can help you keep living the kind of life you want with less pain and movement restrictions.

WHAT IS CAUSING YOUR NECK PAIN?

Neck pain that is the result of a sudden trauma is also known as whiplash. In most traumatic events, it is difficult to isolate a particular tissue causing the pain, and most likely, all the tissues in the neck are affected.

Identifying the cause of neck pain can be tricky because several factors contribute. The most commonly reported risk factor is working in awkward or sustained posture (i.e., sitting at a computer or working at a desk that's too low). These sustained postures or awkward positions strain the muscles that are supporting the neck.

Sleeping in an awkward position can also lead to neck pain. If the head is held at a bad angle or twists wrong during the night, a stiff neck might be present in the morning. These awkward postures can affect the joints themselves, so the movements are limited and/or painful. Joint pain can come from the cartilage, ligaments, and the disc.

Turning the head repetitively, such as side to side while dancing or swimming, may overuse the neck's muscles, tendons, and ligaments. Sometimes, neck pain develops

after a particular injury, such as a car accident or even a result of a slip and fall. When this happens, your pain could be a result of a muscle strain or a ligament sprain.

WHAT ARE THE MOST COMMON SYMPTOMS?

It is important to note that pain is not the only symptom associated with neck dysfunction. It is also very common to have stiffness, a "crick" in the neck, tightness in the muscles of the upper back and shoulders, and even headaches from neck dysfunction.

The stiffness or range of motion impairments often come from the joint itself or the muscles surrounding it. When you experience pain turning or side-bending to

Continued inside.

CALL 210-985-9498 TODAY!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com



ARE YOU LIVING WITH NECK PAIN?

Find Relief with Physical Therapy!

Continued from the previous page.

the same side as the pain, you are likely dealing with a joint issue. When you turn or side bend away from the side, you have pain, which typically means you have a muscle problem. Your therapist can determine what is the likely cause of your problem and prescribe stretches to resolve it.

HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. When standing and sitting, be sure your shoulders are in a straight line over your hips and your ears are directly over your shoulders. Adjust your desk, chair and computer so that the monitor is at eye level. Knees should be slightly lower than hips. Use your chair's armrests. Avoid tucking the phone between your ear and shoulder when you talk. Use a headset or speakerphone instead.

PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR NECK PAIN!

Physical therapy treatments for neck pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

If you're dealing with neck pain, we can help! Call our office today, and schedule an assessment. No matter what the cause of your neck pain, we have solutions for you! We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more.

We offer the results you are looking for.

opt
210-985-9498



WORKSHOPS

Optimum Physio Therapies offers **FREE** work-shops to help keep you informed and feeling better. Check out our **Workshops** page at optimumphysiotherapies.com/workshop/ or just scan the QR code to register or for more information on upcoming workshops.



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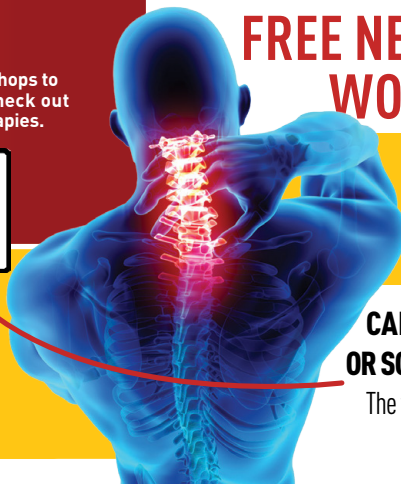
210-985-9498

STOP THE PAIN — JOIN OUR FREE NECK PAIN WORKSHOP

**THURSDAY,
APRIL 27TH
AT 7:00 PM**

**CALL 210-985-9498
OR SCAN THE QR CODE**

The workshop is **FREE** but
space is limited.



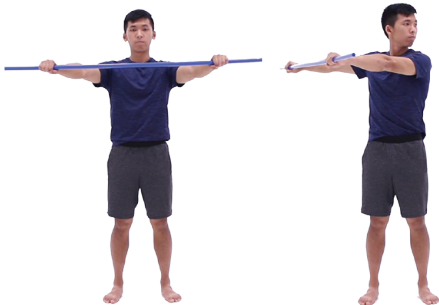
EXERCISE ESSENTIALS

PATIENT SUCCESS STORY!



NECK STRETCH WITH LATERAL REACH

Start by standing up straight holding a dowel down in front of you with both arms straight. Raise both arms up to shoulder height and rotate your arms and torso over to one side while simultaneously rotating your head over to the other side until you feel a stretch in your neck. Hold for 30 seconds and repeat.



“They really take care of all that come through their doors with professionalism, quality service, genuine concern, and attentive teamwork.”

“I went to Optimum Physio for help with some neck pain and tightness and numbing. The thing I love about this location is the staff’s rapport with each other and how that carries over into the patients/clientele. They really take care of all that come through their doors with professionalism, quality service, genuine concern, and attentive teamwork. When I later needed physical therapy for my knee, I had my primary care physician send my referral their way. Even though they are not close in proximity to my home, it is totally worth traveling to get such amazing care.” — Heidi W.

We want to hear your PT success story!

Scan the QR code to visit our review page and share your story.

You could be someone’s inspiration to get the help they need.



IS IT YOUR BIRTHDAY MONTH?



If so, don’t forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!

SONIA’S CORNER

QUINOA VEGGIE BAKE



Courtesy of Sonia

INGREDIENTS

- 1 cup quinoa, cooked according to package directions and set aside
- 1 bunch of baby broccoli, chopped (optional)
- 1 cup baby carrots, finely diced (optional)
- 2 cloves of garlic, minced
- 1 Tbsp. Vegemise
- 1/2 cup nutritional yeast (or Parmesan cheese)
- Dash of sea salt, to taste
- Dash of pepper, to taste

DIRECTIONS: Preheat oven to 350 degrees. Combine cooked quinoa and rest of ingredients in casserole dish and top with a few more sprinkles of nutritional yeast (or parmesan cheese). Bake for 20 minutes.



THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**

210-985-9498

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