



NEWSLETTER

Conquer Your Neck Pain!

FIND RELIEF FOR PERSISTENT NECK
PAIN WITH PHYSICAL THERAPY

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- Is Your Digital Lifestyle Affecting Your Neck?

970.364.6601

breckenridgephysicaltherapy.com



Conquer Your Neck Pain!

FIND RELIEF FOR PERSISTENT NECK PAIN 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 Breckenridge Physical Therapy.

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.

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!

**CALL BRECKENRIDGE PHYSICAL THERAPY TODAY
TO GET THE RELIEF YOU DESERVE!**

CALL 970.364.6601 TODAY!

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.

Our main goals are to:

- Reduce pain and improve motion with manual therapy techniques
- Improve mobility through postural education and targeted movements/stretches
- Improve strength to help you return to normal functioning in daily activities
- Educate you on strategies and techniques to minimize the risk of recurring pain
- 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.
- Targeted exercises focusing on restoring your neck joint mobility and strengthening your mid-back muscles and shoulders to provide support to your neck.

No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!



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

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!

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

Exercise Essentials

Try this exercise to help relieve neck pain.

SITTING CERVICAL SIDE BENDING

Start by sitting upright in a chair with your low back supported. Tuck in the chin to straighten the neck. Place your left hand over the top of your head, with fingers pointed towards the ear. Keep right hand on the back of the neck as support. Bend your neck to the left, allowing your left hand to assist you going deeper into the motion. Hold 2 seconds and repeat 10 times.

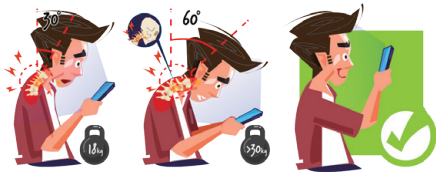


Always consult your physical therapist or physician before starting exercises you are unsure of doing.



Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

IS YOUR DIGITAL LIFESTYLE AFFECTING YOUR NECK?



Text neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Of course, this posture of bending your neck to look down does not occur only when texting. For years, we've all looked down to read. The problem with texting is that it adds one more activity that causes us to look down — and people tend to do it for much longer periods. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.

We often see patients who have suffered from back and neck pain for years who could have been treated very easily when the pain started with simple postural corrections and stretches. If you have been suffering from back or neck pain, come see one of our therapists for an assessment of what is contributing to your pain.

If you or someone you know, is suffering from neck pain, call Breckenridge Physical Therapy today! Our physical therapists can help relieve your pain and teach you how to avoid Text Neck and other neck problems going forward.

Sudoku

6			7			4	
				2	8		7
	7	5		6			3
			5	8	7		
	6				5		
	5	6	9				
2		1		9	6		
4		8	2				
	1		3			7	

1sudoku.com

PATIENT SUCCESS STORIES

" I HAD BEEN TO OTHERS FOR MY VERTIGO — JUSTIN IS THE FIRST TO EXPLAIN WHAT IT IS, HOW TO AVOID, EXERCISES TO HELP MINIMIZE AND HE ALSO EXPLAINED THE PROPER TREATMENT FOR IT! "

"Justin is EXCELLENT. Knew the details of my treatment and spent a LOT of time with me on confirming my issue with all sorts of physical tests. I had been to others for my vertigo — Justin is the first to explain what it is, how to avoid, exercises to help minimize and he also explained the proper treatment for it! It is so nice to find someone that knows their profession." — **Peter K.**

Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE  PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at 970.364.6601 or visit breckenridgephysicaltherapy.com



WANT TO IMPROVE YOUR PERFORMANCE IN WINTER SPORTS?

COME BACK TO PT!

Contact Breckenridge Physical Therapy today and start living pain-free again!

970.364.6601

BRECKENRIDGE



PHYSICAL THERAPY

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***Do You Know Anyone
That Needs Our Help?
Refer-A-Friend Today!***

*Call us to schedule an
appointment today!*

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breckenridgephysicaltherapy.com

To Better Serve You!

**WE HAVE RECENTLY HIRED A NEW OFFICE STAFF
MEMBER AND WILL HAVE OFFICE SERVICE
FROM MONDAY-FRIDAY NOW. CALL TODAY TO
SCHEDULE YOUR APPOINTMENT AND START THE
NEW YEAR PAIN-FREE!**

