

NEWSLETTER



January
2021

FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Are you suffering from the debilitating effects of neck pain? Approximately one-third of the population will experience neck pain in any given year, which can get worse if left untreated. In severe cases, surgery may even be needed. However, at Agility Physical Therapy, we want to do everything we can to help you avoid that.

The neck is extremely important in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in the alignment of your neck can cause a variety of symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

It is no secret that 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. In fact, thousands of people are able to find relief from their neck pain every year with the help of physical therapy.

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. This evidence is further illustrated

in a 2017 qualitative systematic review conducted by the National Institutes of Health, titled *"The efficacy of manual therapy and exercise for treating non-specific neck pain: A systematic review."*

This review analyzes a number of studies providing evidence for manual therapy and exercise treatments for patients with different stages of non-specific neck pain. Researchers pulled information from Medline, Cochrane-Register-of-Controlled-Trials, PEDro, and Embase.

According to the researchers, one of the major takeaway points listed in the conclusion is that "combining different forms of [manual therapy] with exercise is better than [manual therapy] or exercise alone." Results from the 23 studies chosen for review demonstrated patient success across the board when pairing manual therapy with targeted exercises for neck pain. Results conclude that physical therapy is a proven successful treatment for patients suffering from neck pain, and manual therapy and exercise methods are the most effective in helping patients regain their optimum levels of function.

Contact Agility Physical Therapy today to learn more!

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Contact Agility Physical Therapy For Relief!

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that may be caused by your neck pain. They will then design a treatment plan based on your individual needs. Our main 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.

Manual, or “hands-on” treatments consist of special techniques designed to reduce the stiffness in the neck and improve range of motion. Targeted exercises focus on the root of the pain, in order to strengthen, build, and improve the muscles and tissues in the neck.

Treatments will focus on improving posture to aid in the recovery of the neck muscles, as well as avoiding re-injury in the future. Additional treatment services may also be included as your physical therapist deems fit, based on the nature of your condition.

If you have been suffering from neck pain, don't hesitate to contact



Agility Physical Therapy today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs. Contact us today to schedule your consultation and get started on the first steps toward saying goodbye to your neck pain!

Contact Agility Physical Therapy today to help relief your persistent neck pain!

WONDERING ABOUT YOUR ACHE OR PAIN?

Contact Agility Physical Therapy & Sports Performance to get all of your aches & pain questions answered. We can help your pain transform from a pressing problem, to a distant memory, allowing you to live a happy, active and pain-free life!

Covid-19 Update

A note to our valued Agility patients,

With the evolving news regarding COVID-19 in our area we wanted to inform you that patient health and safety is a top priority for us here at Agility. We are following updates regularly from the Center for Disease Control (CDC), the World Health Organization (WHO), and local government agencies regarding any updates and protocols needed.

Our company has always practiced infection control policies and appropriate cleaning and disinfecting of shared equipment between each use. During this time we are increasing the frequency and extent of these cleanings. Agility follows all rules and regulations to ensure that all staff are trained on the prevention and development and transmission of infection. All personnel are oriented in the infection control policy at hire and annually.

Although we are actively responding to this public health issue, we are still working hard in both of our locations where therapy, rehabilitation and wellness continue. Our staff is doing a remarkable job remaining calm, staying positive and keeping up normal daily routines as much as possible so our patients can feel safe and focused on their goals.

If you are concerned about symptoms or possible exposure, please stay home and contact your health care provider. As always, you are all in our prayers as we navigate through these challenging and uncertain times.

Sincerely yours,

The Agility Family

FREE PAIN/INJURY ANALYSIS!

MOVE FREELY • ALLEVIATE PAIN NATURALLY • HAVE MORE ENERGY • ENJOY ACTIVITIES PAIN FREE • BE STRONGER



CALL TO SCHEDULE A TELEHEALTH OR IN-CLINIC APPOINTMENT TODAY!

Offer valid for the first 25 people to schedule. Expires 1-31-21

Clinic News!

CALL TODAY! 941-484-8107



WE OPENED A NEW LOCATION!

**AGILITY PHYSICAL THERAPY -
SOUTHBRIDGE**

**1525 TAMIAMI TRAIL S., STE. 604
VENICE, FL 34285**

**YOU DON'T HAVE TO LIVE
WITH PAIN!**



**DO YOU EXPERIENCE PAIN WITH
THE FOLLOWING?**

- Standing for more than 15 minutes
- Squatting up and down from the floor
- Walking up stairs
- Running, walking, or physical activities
- When you wake in the morning
- Doing daily chores or activities

Look at your answers to this checklist then make the decision to get help today. Call Agility Physical Therapy & Sports Performance!

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Exercise Essentials



LEVATOR SCAPULAE STRETCH

Grasp your arm on the affected side and tilt your head downward into the armpit. Use your opposite hand to guide your head further into the stretch.



Patient Success Spotlight

"THEY ARE CHAMPIONS!"

"Autumn had the skill and ability to know just how to evaluate my injuries/issues, identify the areas needing help, and develop a plan which was continually monitored, updated, and evaluated. The plan was very well executed by Tori, Autumn's assistant. Tori's skill in identifying the location of trigger points and other hidden issues in the deep tissues is outstanding. They are Champions!" - R.R.



CALL TODAY! 941-484-8107