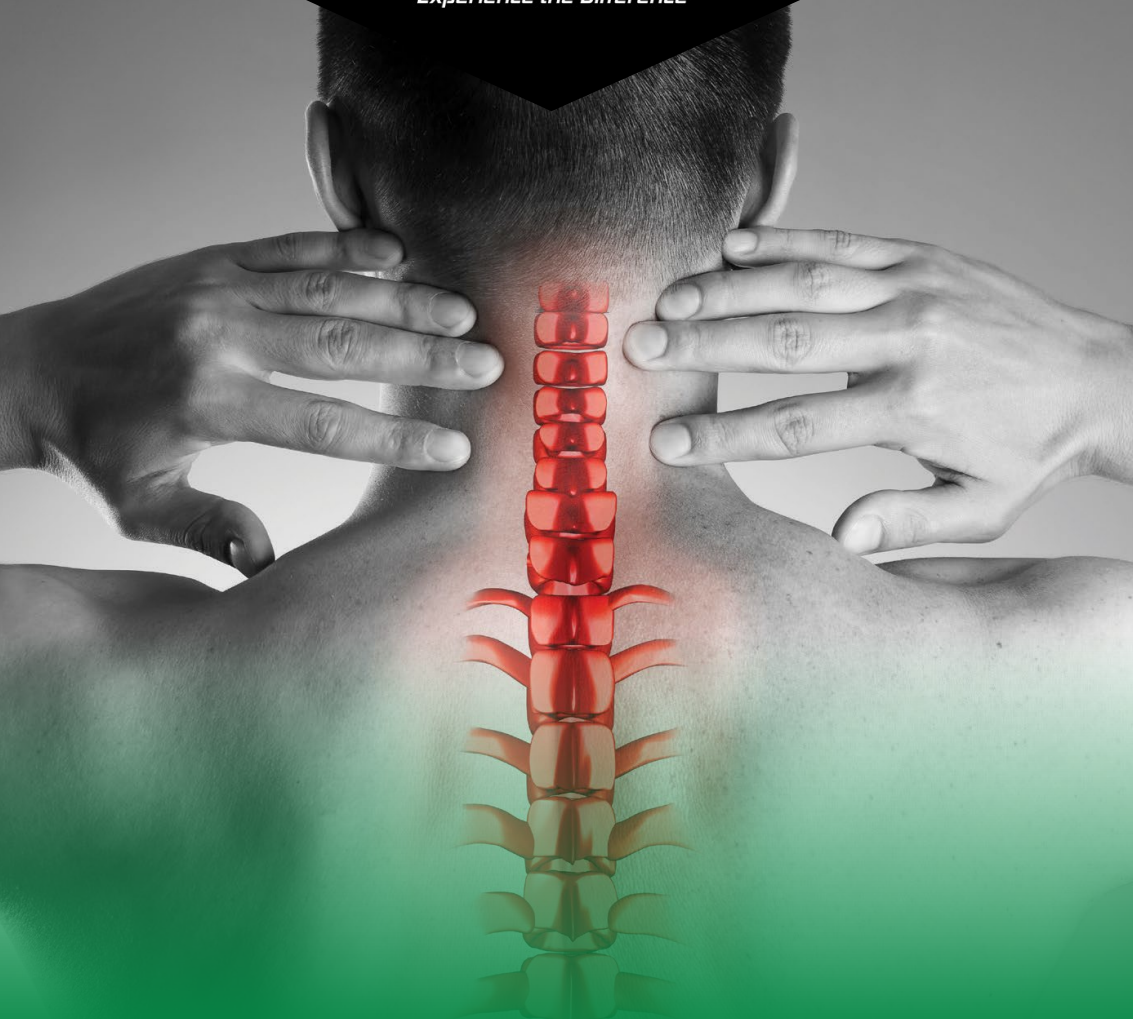


NEWSLETTER

AGILITY
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ARE YOU LIVING WITH NECK PAIN?

Physical therapy can help you find relief from neck pain.

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 Agility Physical Therapy 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.

IMPROVEMYAGILITY.COM 941.484.8107

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 to it. The most commonly reported risk factor is working in an 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.

**SCHEDULE YOUR FREE
PAIN SCREENING**

VENICE: 941.484.8107

SOUTHBRIDGE: 941.244.2410

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**GET READY FOR SUMMER
MONTH BY SCHEDULING A
FREE 15 MINUTE APPOINTMENT**

Offer valid for the first 25 people to schedule.

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 the same side as the pain, you are likely dealing with a joint issue. When you turn or side bend away from the side that you have pain, this typically means that 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

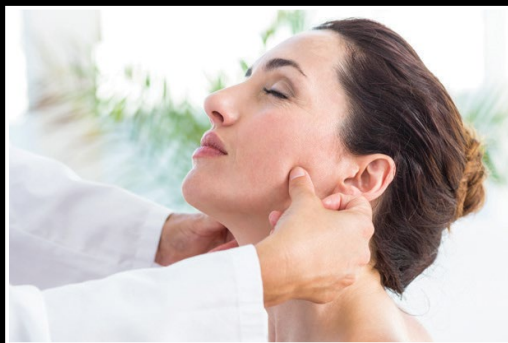
Physical therapists can target your pain’s source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck 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. Such changes may include:

- 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.



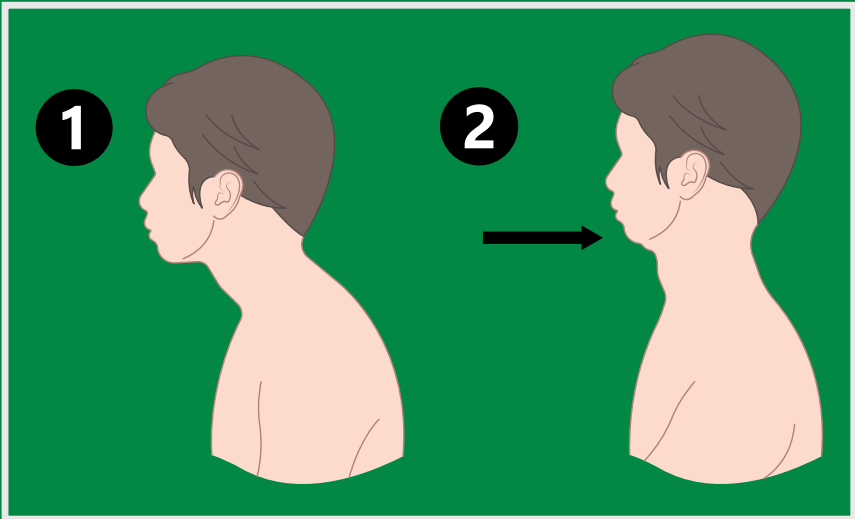
Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Call Agility Physical Therapy today!

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!

EXERCISE OF THE MONTH: CHIN TUCKS

Directions: Sit in a chair with your feet flat on the floor, or stand up. Relax your shoulders. Look straight ahead. Gently glide your chin straight back. It's a small movement. Don't tilt your head up or down, or bend your neck forward. Hold for 5 seconds. Then relax. Repeat 5 times.



EASY SALMON CAKES



INGREDIENTS:

- 2 (6 oz) cans salmon skinless and boneless
- 2 large eggs
- 2 tbsp mayonnaise
- 2 tsp Dijon mustard
- 2 tsp minced fresh garlic
- ½ tsp kosher salt
- ¼ tsp black pepper
- ½ tsp dried thyme
- ½ cup chopped parsley
- ¼ cup olive oil

INSTRUCTIONS: Preheat your oven to the “keep warm” setting. Drain the salmon cans thoroughly. Place the salmon in a large bowl. Flake it well into tiny pieces. Add the eggs, mayonnaise, Dijon mustard, garlic, kosher salt, black pepper, and thyme. Mix well. Mix in the chopped parsley. Heat the olive oil over medium heat in a large 12-inch nonstick skillet, for 3 minutes. Transfer four mounds of the mixture to the skillet. Pack the mixture into the scoop, then release it into the skillet and gently flatten. Cook for 3 minutes on each side. Place the cooked patties in the oven to keep warm while you cook the second batch.

<https://healthyrecipesblogs.com/salmon-cakes-recipe/>

STAFF SPOTLIGHTS

COREY, PTA



Corey is a Sarasota native who served over 4 years in the U.S. Navy. He attended Keiser University and graduated with his physical therapist assistant degree in 2017. Corey has extensive medical experience from before he became a PTA, working as an emergency room technician for over 6 years. He has two children and enjoys fishing and skateboarding with them during his free time.

ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments, you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment!

PATIENT SUCCESS



"Knee replacement with 2 manipulations...in 8 weeks Sean, Dave and Corey got me where I need to be... I drive from Englewood and it is worth it! A bright office, Debbie in the front office is very helpful finding a schedule that fits your needs. The PT and PTAs are knowledgeable, encouraging and supportive. Will not go anywhere else...my other knee replacement is coming soon. Kinda sad I got discharged today." – K.D.

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