

# FREE VIDEO PODCAST



## ALL ABOUT NECK PAIN

July 13th at 7 PM PST

[www.marketplacewellnesscenter.com](http://www.marketplacewellnesscenter.com)



with Dr. Michael Karim

## IT'S TIME TO FINALLY STOP LIVING WITH 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 Marketplace 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, 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 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.

### 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

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# TELL THAT PAIN TO GET OFF OF YOUR NECK!

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.

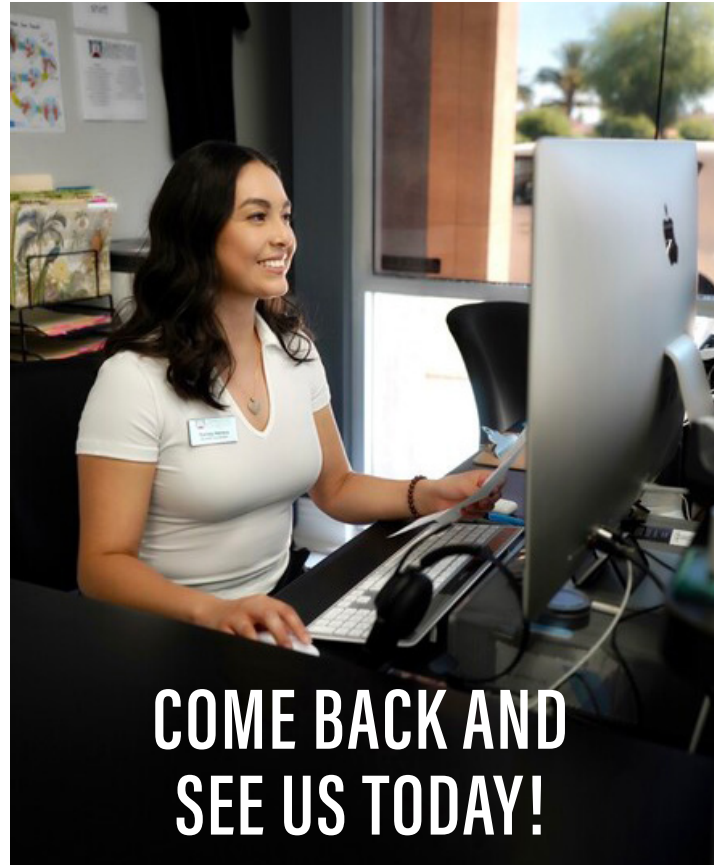
Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. Such changes may include:

- 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.



**COME BACK AND  
SEE US TODAY!**

## Call Marketplace 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!

**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**

**951-684-2874**



# VISIT A CLINIC NEAREST TO YOU!

**Riverside** 3191 Mission Inn Ave. Ste B  
Riverside, CA 92507  
*\*Located inside Anytime Fitness*

**Riverside/Corona** 4270 Riverwalk Parkway, Ste 114  
Riverside, CA 92505  
*\*Located inside Anytime Fitness*

**Chino** 14682 Central Ave  
Chino, CA 91710

**Redlands** 210 E. Citrus Ave.  
Redlands, CA 92373

**Beaumont** 1620 E. 2nd St.  
Beaumont, CA 92223

# EXERCISE ESSENTIALS

## CERVICAL RETRACTION AND EXTENSION WITH TOWEL

*Try this movement to stretch your neck.*

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



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

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from you!

★ REVIEWS



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## HEALTHY RECIPE

### GRILLED SHRIMP SKEWERS

#### Ingredients

- 2 1/2 lb. extra large shrimp
- Zest and juice of 1 lemon
- 3 garlic cloves, peeled and chopped
- 1/4 c. olive oil
- 1 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1/4 tsp. crushed red pepper flakes (optional)
- Sea salt, chopped parsley, and lemon wedges, for serving



#### Directions

1. Peel the shells and tails from the shrimp and cut out the vein (if you like).
2. Combine the lemon juice, garlic, olive oil, salt, black pepper and crushed red pepper in a large bowl. Add the cleaned shrimp and toss well to coat. Cover and refrigerate for 15 minutes.
3. If using wooden skewers, place 12 skewers (about 12 inches long) in a 9-inch by 13-inch dish filled with water. Preheat a grill or grill pan to medium-high heat. Oil the grill grates well.
4. Remove the shrimp from the marinade and thread 4 or 5 pieces on each skewer. Place the skewers in the grill pan or on the grill over direct heat. Cook until the shrimp is bright pink all over and opaque, about 2 to 3 minutes per side. Remove from the heat. Garnish with sea salt, parsley, and lemon wedges and serve immediately.



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*\*located inside Anytime Fitness*

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