ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER



IS YOUR NECK PAIN INTERFERING WITH YOUR LIFE?

Do you notice yourself rubbing your neck after a difficult day on the job? Do you find the more your neck hurts, the more your head hurts too? Dealing with pain in your head and/or neck can negatively affect your personal life, your career, and more. At Rocky Mountain Physical Therapy, we understand how debilitating it can be, and we know how to help you manage your pain and get back to the life you enjoy!

The most common cause of neck or head pain is a muscle or joint problem. Working with a physical therapist can help you identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without using medication or other long-term pain management treatments.

Unlike pain medications that become less helpful the longer they are used, our physical therapists provide long-term relief from pain. We will help correct your joint or muscle limitations with targeted therapies like specific stretches, manual techniques, muscle strengthening techniques, and guided instructions that target your limits.

Call Rocky Mountain Physical Therapy today and schedule an appointment with our physical therapist. Find the relief you have been looking for!

Understanding the Difference Between Head and Neck Pain

Not all neck or head pain is the same, so understanding the basics of what you're dealing with is the first step to achieving relief.

Head Pain

There are many different types of headaches that you may experience, and there are various causes for each of them.

For example, migraines can be caused by environmental factors, food allergies, or even stress. Some headaches can develop due to sinus pain and some headaches will develop when you are dehydrated.

HOW PT CAN HELP NECK PAIN



These headaches require a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work.

One of the most common causes of headaches that are easily treatable with physical therapy is radiating headaches caused by stress in the joints and muscles of the neck. This type of pain radiates from the base of your skull into the top of the head. For some, the pain will radiate behind one eye. These types of headaches also often include stiffness in the upper back and are often one-sided.

Neck Pain

Pain that develops in the neck is typically due to a soft tissue sprain/strain or changes to the joint itself. The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments) or negative changes to our blood flow—the muscles of our neck function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck.

As we age, the neck joints, like all joints, will degenerate and make us more vulnerable to different forms of neck pain. Degenerative changes make us more susceptible to disc herniations, narrowing the space around the nerve root and significant restrictions in the ability to move.

Cervical degeneration can cause tension and pain in the neck and shoulders. This pain is generally worse in the morning, after being prolonged, and often at the end of the day. The biggest problem posed by cervical degeneration is the loss of motion in the neck, which increases the limitations in your daily life because you cannot utilize your neck in the way you usually could.

How Physical Therapy Can Help

The majority of head and neck pain can be treated with physical therapy. Working with a physical therapist is safe to ensure that you are practicing positive techniques to find relief from your aches and pains.

At Rocky Mountain Physical Therapy, our physical therapists can target the source of your pain by examining your symptoms. Then, they will provide you with exercises that stretch and/or relax your neck muscles. In some cases, manual techniques, including mobilizations or therapeutic massage, are used to alleviate your pain and allow you to tolerate stretching.

We know how to help your head and neck pain and can teach you so you can get back to the life you enjoy!

Contact Us for an Appointment

If you're struggling with recurring headaches and neck pain, call Rocky Mountain Physical Therapy today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!

Request Appointment

ROCKY MOUNTAIN PHYSICAL THERAPY

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Sources: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/

FREE PAIN CONSULTATION

ROCKY MOUNTAIN PHYSICAL THERAPY

CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule.
Expires 11-23-23

PATIENT SUCCESS STORY



"I can't offer enough positive remarks regarding my experience with RMPT in central Ft. Collins. Dr. Sarah Baily and (my personal PT/DPT) Dr. Kristin Fortunski, and Dan Piemontese were a strong team of caring professionals who worked magic on my neck, shoulder and arm issues. I was particularly impressed with the dry needling treatments that were recommended and proved invaluable to my overall recovery. I want to give an additional shoutout to the receptionist. I am embarrassed to admit I never got her name, but her professionalism, kindness and welcome smile was a great start to my visits. So, my heartfelt thanks and appreciation to every member of RMPT. From start to finish and from each and every staff member that I engaged with, my experience was stellar. I recommend this organization highly."

— Kat H.

CALL A CLINIC NEAREST TO YOU!

Broomfield	(720) 637-1131
Central Fort Collins	(970) 660-6766
Greeley	(970) 436-4617
Johnstown	(970) 510-8261
Loveland	(970) 436-4496
South Fort Collins	(970) 510-8262
Thornton	(720) 637-1167
Windsor	(970) 579-7689
Greeley (Pediatric)	(970) 510-8275
Windsor (Pediatric)	(970) 510-8212

DON'T LET YOUR INSURANCE GO TO WASTE!

If you've met your insurance deductible for 2023 or have unused money in your HSA account, your physical therapy costs could be **FREE!** Prioritize your well-being and maximize your insurance benefits!

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEWS

rockymtnpt.com

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