



FIND RELIEF FROM YOUR
**PERSISTENT
NECK PAIN**
WITH PHYSICAL THERAPY

PT CAN HELP GET YOU STRONGER AND HEALTHIER!

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Find Relief for Your Persistent Neck Pain

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 PacificPro 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. Call PacificPro Physical Therapy today to get the relief you deserve!

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!

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/stretchers
- 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.

NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

CLINIC NEWS

PacificPro Physical Therapy is excited to announce that we have expanded our Irvine location. Come check out our new additions at your next appointment!

FIND RELIEF FOR YOUR PERSISTENT NECK PAIN

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What To Expect At 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.
- 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!

Contact PacificPro Physical Therapy For Neck Pain Relief!

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



Meet the Team Staff Highlight

Ryan Lew, DPT

Growing up, Ryan enjoyed playing baseball with friends and family and then in high school joined the badminton team and played throughout college. He earned his bachelor's degree from UC Riverside, and his Doctorate in Physical Therapy from the University of Saint Augustine where he got to strongly develop his manual therapy skills, accessing the body as a whole and trained to analyze human movement patterns. Ryan's goal is to provide patients with a unique PT experience that involves meeting the patient's functional goal with a combination of engaging exercises, relaxation techniques and small touch of humor to allow patients to thrive through each treatment session.

EXERCISE TO TRY AT HOME

Chin Tuck Wall

Stand against a wall with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. Slowly draw your head back so that your ears line up with your shoulders. Hold for 10 seconds and repeat 3 times.



Try this exercise to help relieve neck pain.





IS YOUR DIGITAL LIFESTYLE AFFECTING YOUR NECK?

Discussing The Effects of Text Neck

Poor posture is something we normally do not think of as a contributor to neck and back pain. However, in our era of constantly being on smart phones, tablets, and computers, we often put our necks and backs in positions of prolonged stress. Over time, this contributes to increased stress to our vertebrae, disc and muscles supporting the spine.

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 with neck pain, call PacificPro Physical Therapy today! Our physical therapists can help relieve you pain and teach you how to avoid Text Neck and other neck problems going forward.

PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE

PATIENT SUCCESS

We've Expanded In Irvine!
IRVINE
949.679.3988

"I love Pacific Pro Therapy in Irvine! The staff is courteous, friendly, helpful, professional and really good at what they do. They all helped me get stronger & back to doing all the things I love doing! They even created personalized home exercises to keep me strong and active. I highly recommend their services!"

– Shellie F.



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We want to hear your Success Story. Scan the QR code and leave us a review.



New Location
NOW OPEN

Thank you!

Are You In Pain? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

pacificpropt.com