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# Finding Natural Relief From Neck Pain

MedRehabGroup   
PHYSIOTHERAPY

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# Finding Natural Relief From Neck Pain

Neck pain can be both debilitating and terrifying. When you experience an injury that leaves your neck in severe pain, the thought of not being able to freely turn your head is overwhelmingly stressful. What's more, the pain itself is unbearable, and since the neck is so sensitive to injury, it is important to be as careful as possible in finding treatment and solutions for the pain.

It is incredible to realize how common neck pain is — especially among American adults! More than two-thirds of U.S. adults will develop neck pain at least once in their life, and the reasons for the neck pain are as varied as the population of the nation itself. Injury, muscle strain and even stress can cause significant pain in the neck and upper back. If you aren't careful, a neck injury can lead to chronic pain, and it is even possible for chronic headaches like migraines to develop as a result of regular neck pain.

There are a lot of different ways that you can relieve neck pain, but the best treatment for your personal needs depends entirely on the type of injury that you've experienced.

## Here is a quick breakdown of what could be going on to cause your neck pain:

If your pain is developing gradually over time and is not the result of any particular injury that comes to mind, then it may be caused by degenerative disc disease. Physiotherapy can help alleviate the pain from degenerative disc disease by helping restore blood circulation and improve range of motion in the neck. This therapy is approached in a careful and deliberate way so as to not cause further pain in the neck region.

Sometimes, neck pain develops after a particular injury, such as a car accident or a fall. When this happens, your pain could be a result of a muscle strain or sprain. When this is the case, targeted physiotherapy treatments can do a lot of good to alleviate the pain. Special equipment can also be helpful to reduce inflammation and provide relief. It is important to remember that attempting exercises on your own can frequently result in further pain.

In some cases, mechanical neck pain can develop as a result of a change in the neck joints. When these joints are altered or not correctly aligned, one joint meets the one below and can cause restricted movement. This may develop as a result of a disc collapsing, which causes the space between the bones to become narrow, causing bones to contact one another resulting in pain. When this isn't addressed, mechanical neck pain can spread, causing the pain to become more severe and covering a wider range of the neck.

Finally, neck pain is sometimes caused by radiculopathy, which refers to pressure or irritation in the nerves of the neck, which alters the electrical signals in the neck, causing you to feel more pain throughout the day. Physiotherapy can help reduce the pressure and irritation surrounding the nerves, often offering immediate relief from pain and discomfort. Radiculopathy symptoms may also be felt as pain, numbness or tingling down into the arms and/or hands.

Have neck pain that won't go away?  
We want to help you! Call us at (888) 409-4058 today!



1. *Feel free to call us and ask to speak to your physiotherapist.*



2. *Your physiotherapist will tell you the possible causes of your pain as well as precautions you can take at home.*



3. *If further assessment is warranted, your physiotherapist might recommend you come in for an appointment.*

**Call MedRehabGroup  
Physiotherapy  
to schedule your  
appointment today!**

# What Other Issues Can Cause Neck Pain?



Another common cause of neck pain is poor posture. Working long hours on a computer, spending a lot of time on the phone, or a poorly designed workspace can result in neck discomfort.

Sleeping issues are often unnoticed, but frequently contribute to neck pain. Sometimes, sleeping in a certain position or sleeping on a mattress or pillow that is too soft or too hard will lead to neck pain. Oftentimes, this pain will appear to be chronic, as the sleeping issue is likely something that you experience day after day, causing the pain to return regularly.

It may be helpful to rule out sleeping concerns as a reason behind your neck pain by assessing your sleeping conditions and making any changes that you think may be necessary. Adjust how many pillows you sleep on, the position you sleep in or even your mattress!

These are just some of the frequent causes of neck pain. It is important that you never assume that your neck pain is being caused by one or another of these issues, and that you instead always work with a licensed and experienced physiotherapist to determine the precise cause of your pain and discomfort.



CALL US AT (888) 409-4058

# A Message From Our President

We begin the 2021 with an optimistic enthusiasm and leave behind a turbulent 2020. Medrehab Group continues to focus on positive change and impacting better health for those living in the communities we serve. Currently in our 25th year of business we continue to build bridges over a foundation built on trust and exceptional service. Connecting innovation to non-surgical health solutions remains our top priority. Our proudest achievement is helping you live a pain free life by providing you the personal one to one care you deserve.

When I first started this company I wanted to ensure that Medrehab Group would make a difference in people's lives by being authentic, genuine and staffed with those who truly cared for others. Our foundation continues to be our purpose and I am extremely proud of the value we provide our customers. We are committed to building lasting relationships based on integrity and trust. Thank you for your patronage and support throughout the years. I am very grateful for all your referrals and Google reviews as this is truly what makes us excel to the level that we do. I would like to wish you a very prosperous and healthy 2021.

**Frank Giambagno**

President and CEO

# Work Out Your Body And Your Mind!

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<http://clickeau.com>

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The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

# New Year, Healthier You



With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physiotherapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physiotherapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Med Rehab Group Physiotherapy help you on your journey to becoming strong, healthy, and active in 2021.

Call (888) 409-4058 or visit [medrehabgroup.com](http://medrehabgroup.com) to schedule your appointment today!

## Free Phone Consult



Interested in using physiotherapy to treat your pain? We offer complimentary phone consultations for new patients with a registered physiotherapist to discuss your issue and provide feedback on which direction you should take to heal your pain!

CALL US AT (888) 409-4058

# Exercise Essentials



### Median Nerve Glide

Start with your arm hanging down at your side with your elbows straight and palm facing forward. Next, bend your wrist forward and back. Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.



*Exercises copyright of  
[www.simpleset.net](http://www.simpleset.net)*

## We're Staying Safe!

Physiotherapists are considered "Essential Critical Infrastructure Workers" during the COVID-19 pandemic. Because of this, MedRehabGroup Physiotherapy is remaining open and seeing patients during this time while taking the necessary precautions to make sure everything is sanitary and everyone is safe.

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as require all of our staff to wear masks as an additional measure of precaution.



**OUR EMPLOYEES  
ARE WASHING  
HANDS  
REGULARLY**



**OUR EMPLOYEES  
ARE USING GLOVES  
WHEN NECESSARY**



**OUR EMPLOYEES ARE  
AVOIDING HUGS &  
SHAKING HANDS**