



MedRehabGroup
PHYSIOTHERAPY

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



FIND RELIEF FOR
PERSISTENT NECK PAIN
WITH PHYSIOTHERAPY

www.medrehabgroup.com



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INSIDE:

- HOW DOES PHYSIOTHERAPY HELP WITH NECK PAIN?
- WHAT IS MYOFASCIAL RELEASE, AND WHEN IS IT HELPFUL?

FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSIOTHERAPY



Is neck pain slowing you down? You are not alone! Neck pain is a common symptom here at MedRehab and we have the solutions for you. We go the extra mile to make sure you are included and welcomed during your visit.

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 physiotherapists at MedRehab Group Physiotherapy.

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, physiotherapy can help you regain your normal, pain-free function. Call MedRehab Group Physiotherapy 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 physiotherapists are experts at identifying the cause of your pain, how to resolve it and how to prevent it from returning!



Scan the QR Code to visit our website to
schedule your next appointment today!

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How Does Physiotherapy Help With Neck Pain?

Physiotherapy 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/stretching
- 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.

WHAT TO EXPECT DURING YOUR PHYSIOTHERAPY VISITS

At your initial evaluation, one of our licensed physiotherapists 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.

Physiotherapy 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 physiotherapists, such as ice and heat therapies, ultrasound, or electrical stimulation. Our team of therapists is dedicated to finding solutions that work!

CONTACT US TODAY FOR NECK PAIN RELIEF!

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

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150268/>
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<https://www.jospt.org/doi/10.2519/jospt.2017.0302>



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Staff Spotlight: Shivani Sharma, RPT

Shivani is a Resident Physiotherapist registered with College of Physiotherapy Ontario. She has completed her Graduation in 2017 from India. She is a Clinical therapist from back home experienced in variety of Musculoskeletal, Neuromusculoskeletal and Cardiothoracic ailments along with Geriatric care. She has been practicing in the field of Physiotherapy and pt. care from last 3 years in Canada.

Shivani believes in client-centered approach, considering their individual needs and preferences, and ensure patients are actively participating in the plan of care to build an effective treatment plan for efficient recovery.

Learn more about our entire team by visiting medrehabgroup.com/about-us/our-team today!





What Is Myofascial Release, And When Is It Most Helpful?

Myofascial release is a manual, hands-on treatment that helps relieve pain by easing the tension in your muscles. Our physiotherapists perform it, focusing on specific points of restriction to help bring the myofascial back to its elastic form.

When your muscles become tight from injury, repetitive movements, or prolonged positions (postures), your mobility of the affected area becomes restricted. These restrictions are often called adhesions, which are precursors to scar tissue and make movements difficult and painful.

Myofascial release is a targeted treatment used by our skilled therapists to reverse limited mobility and alleviate the sensation of pain or tightness. The therapeutic result is increased mobility, less pain, and an improved healing response by loosening up the constricted spaces.

Give MedRehab Group Physiotherapy a call today, set up a consultation, and discuss how myofascial release could help you!

Give us a call at your nearest clinic or visit www.medrehabgroup.com

Our Patients Get Great Results!

"I got to know this place from one of my friends and so far I have had the best experience here. I am going to this place for massage. Valerio is one of the best massage therapist. He is so gentle, kind, and best in doing his job. I am so satisfied and happy with this place."

- 5-Star Google Review
Stoney Creek Clinic

Need To Reschedule Your Appointment?

If you are feeling sick or have to reschedule, **please call in to ask for other options.**

Call Today!



New Location In Vaughan Opening Soon

We are excited to announce the opening of our new Vaughan physiotherapy practice location, where we will continue to provide top-notch care to our valued patients.

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