

# BREAK FREE FROM NECK PAIN

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**APRIL 2024**

Have you ever had one of those days at work or school when your neck just won't stop bothering you? Or maybe turning your head to check for cars is difficult or painful. Neck pain can really impact your day and make life less enjoyable. Good news! At McCabe and Brady Physical Therapy, we've got a team that knows just how to help you feel better and give you tips to keep the pain away.

Most neck pain is mechanical in origin. Figuring out what the real source is can be difficult, but with the help of our experienced McKenzie therapists, you can get to the root of your problems and, more importantly, get the solutions you're looking for.

Our therapists will use treatments like specific stretches, hands-on techniques, and repeated movements that are tailored for immediate and lasting relief. Our ultimate goal? To help you return to a life you can enjoy to the fullest.

***Take action today! Request an appointment and set the wheels in motion for the lasting relief you deserve.***

## **SOURCE OF NECK PAIN: CAUSES AND SYMPTOMS**

Neck pain is a multifaceted condition, and its origins can vary widely from person to person. Whether your discomfort starts from an unfortunate car accident or something that seems insignificant, like maintaining an improper posture while working at your desk, our team can help.

What may appear to be a minor issue, such as a recurring crick in your neck, could potentially develop into a chronic issue that disrupts your daily life.

For some individuals, the issue lies deeper within the structure of the spine (for example, changes to the discs and the cushions between vertebrae). Disc degeneration can lead to pain and difficulty moving the neck. Whereas Problems such as bulging or herniated discs can also be particularly painful and can even lead to nerve compression. This often results in additional symptoms such as sharp, radiating pain or numbness extending into the shoulders or arms.

Luckily, our McKenzie Certified physical therapists are skilled at identifying these contributing factors and formulating an effective treatment plan tailored to alleviate your specific symptoms.

## **PHYSICAL THERAPY: YOUR PATHWAY TO RELIEF**

We'll start with a comprehensive evaluation, including gathering as much information about your health, previous history of neck pain, and information about your most recent episode.

Next, we'll conduct a physical examination, including observing how you respond to repeated movements. The key to successfully treating neck pain with the McKenzie Method is identifying the directional preference of the neck— the specific movement or position that leads to an improvement in symptoms.

We'll also assess your posture and strength to identify any restrictions or limitations contributing to your pain. Our treatment programs are built on several key elements, all aimed at facilitating the health of your neck:

- **Posture Correction:** Poor posture is a significant contributor to neck pain. Working with you, our therapists will guide you through the steps to correct your posture, effectively alleviating strain on your neck and upper back.
- **Targeted Exercises:** We'll also develop personalized exercise routines to target the source of your pain and improve your neck mobility. These exercises are based on your directional preference to start, but restoring a full range of motion in all directions is necessary to ensure lasting results.
- **Hands-on Therapy:** Our McKenzie-trained therapists use specialized manual treatments to free up movement and improve the effectiveness of repeated movements.
- **Patient Education:** Our therapists will provide recommendations and instructions to manage your condition independently.

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## Unconventional Yet Effective Solutions for Neck Pain

Do you ever wake up with a stiff neck and wonder why it keeps happening? You're not alone. Neck pain is pretty common, and it can be super annoying. But guess what? There are solutions, including some more unusual ones you may not have heard about yet.

Our McKenzie-trained therapists at McCabe and Brady Physical Therapy use cutting-edge approaches to ensure you find the most effective ways to lasting relief!

### HOW TO HELP YOUR NECK PAIN – TIPS YOU MAY NOT KNOW

Tackling neck pain is not just about focusing on the neck itself. By implementing these unconventional yet highly effective recommendations into your daily routine, you're setting yourself on a path toward relief and lasting wellness.

#### Lumbar Support Can Alleviate Neck Pain

The way your lower back is positioned has a big effect on your neck. Using lumbar support can help you sit up straight, letting your neck sit over your shoulders like it should.

When you know you will be sitting for a while, whether at work or in the car, use a rolled-up towel or buy a McKenzie lumbar roll to put in your lower back. Even though you're changing the lower back position, your neck will thank you!

#### Why Thoracic Mobility Matters

The thoracic spine plays a critical role in your overall neck function. When this area is stiff or restricted, your neck pays the price, including strain on the neck muscles, affecting the neck joints and leading to pain. Restoring and improving the thoracic spine mobility is essential for helping to resolve neck pain.

#### Education and Self-Management

Our McKenzie therapist will explain the mechanics of the neck and how specific movements can influence pain. This knowledge allows you to identify movements or positions that aggravate or alleviate your pain so you can take back control of your situation.

*Using unconventional techniques like lumbar support, thoracic mobility exercises, and even education can help you feel better faster. Why not give these unconventional methods a try? Your neck will be happier for it!*

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We are committed to working closely with you to craft effective, proactive programs to restore mobility and contribute to overall well-being.

### READY TO TAKE THE FIRST STEP TOWARD A PAIN-FREE NECK?

Don't let neck pain hold you back any longer. At McCabe and Brady Physical Therapy, our team of McKenzie-trained experts is here to give you the personalized help you need to feel better and stay that way. Let's work together to create a plan that fits you perfectly.

**Contact us today to schedule your appointment with our amazing physical therapists and start your journey to a more comfortable, pain-free life!**



Frank McCabe and his staff helped me recover from an Achilles injury I sustained while running. It was an amazing experience! They are very accommodating with the schedules and they got me up-and-running in a few weeks. Frank gave me exercises to do at home that were instrumental in my recovery. He uses a mobile app with videos that shows you how to perform the exercises correctly. The app will also track your progress and remind you to do the exercises. To me, this was a game-changer. They have become my go-to PT group from now on! I highly recommend them! -M.V.



**CALL TODAY!**

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# 5 HEALTHY HABITS

## 1. Drink more water

Drinking water is one of the most essential actions you can take to improve your short and long-term health. Dehydration can affect concentration, alertness, short-term memory, and can cause fatigue. Drinking enough water each day also helps support your kidney health and your physical performance. The benefits go on and on!

## 2. Eat more Omega-3s

Increasing your intake of omega-3 fatty acid-rich foods may help you maintain a healthy blood pressure. According to research, omega-3 fatty acids can help improve your mood, which is something we all need during the short, dark days of winter.

Aim for two servings of fish per week, preferably fatty fish like salmon, sardines, and some types of tuna high in omega-3s. Not a fan of fish? Choose walnuts and flax as good non-fish sources of omega-3s.

## 3. Substitute meat with tofu

Did you know that restricting your meat intake is good for the environment and your heart? When you substitute soy for meat, you will naturally consume less saturated fat. While tofu lacks authentic flavor, this is what makes it so versatile—it absorbs the flavors of a stir-fry sauce or marinade like a sponge, making it taste fantastic!

## 4. Cut back on salt

Excessive salt consumption can raise blood pressure, a significant risk factor for heart disease and stroke. Watch how much salt you add to your food and avoid high salt snacks—like potato chips.

## 5. Limit your sugar intake

Too much sugar is not only bad for our teeth, but it also increases the risk of unhealthy weight gain and obesity, which can lead to severe and long-term health issues. Instead of selecting sugary drinks, opt for cool refreshing water. You can also replace sweets and candy with healthy snacks, like carrots and hummus.



## WE WANT TO HEAR YOUR SUCCESS STORY!

Would you take a moment to share your McCabe and Brady Physical Therapy experience on our Google Review page? We make it easy: just click the button below! Your success story could help improve the lives of others in our community by leading them to PT!

★ WARMINSTER

★ IVYLAND

★ NEW BRITAIN



# HEALTHY RECIPE

## Deviled Eggs

- 6 large eggs
- 1 Tbsp plain or garlic hummus
- 1 tsp dijon or spicy mustard
- 1 tsp apple cider vinegar
- 1 tsp olive oil or avocado oil
- 1 ½ tsp raw honey (or sub maple syrup)
- 1/4 tsp ground turmeric
- 1 pinch cayenne pepper



- 1 pinch smoked paprika, plus more for topping
- 1/4 tsp sea salt, plus more to taste
- 1-3 Tbsp water

Hard-boil the eggs by method of your choice. Once the eggs have been boiled, cooled, and peeled under cool running water, pat dry and halve with a sharp knife. One at a time, tip the eggs over (cut-side down) and transfer the yolks into a small mixing bowl (use a spoon to gently scrape out any remaining yolk if needed). To the yolks, add hummus, mustard, apple cider vinegar, oil, honey, turmeric, cayenne, smoked paprika, and salt. Mash to combine. Add water a little at a time until a smooth paste is formed. Then taste and adjust flavor as needed, adding more salt to taste, vinegar for acidity, honey for sweetness, cayenne for heat, paprika for smokiness, or hummus for fluffy texture / garlic flavor. Transfer filling to a small piping bag or plastic bag with the corner clipped to pipe the yolk filling into the cooked egg whites (or simply use a spoon to fill the eggs).

## COME BACK TO PT!

### HAS YOUR PAIN RETURNED?

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*Or request an appointment online at*  
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