

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

TURN AWAY FROM YOUR NECK PAIN

**FIND OUT HOW PHYSICAL
THERAPY CAN HELP RELIEVE
YOUR NECK PAIN!**

***FREE 15 MINUTE CONSULT
FOR YOU OR FOR A FRIEND!***

(DETAILS INSIDE)



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PT, DPT, Cert. MDT
Owner

www.innovativeptsolutions.com

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INSIDE:

Exercise
To Help
With Pain

Deep Tissue
Laser Therapy

5 Star Review

Quote of The Month:

*"Summer afternoon
— summer afternoon;
to me those have
always been the
two most beautiful
words in the
English language."*

- Henry James

CALL TODAY!

(315) 786-0655

ANYONE CAN SUFFER FROM **NECK PAIN**



AT INNOVATIVE PHYSICAL THERAPY SOLUTIONS WE CAN HELP YOU FIND RELIEF FOR YOUR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY!

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 Innovative Physical Therapy Solutions.

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 Innovative Physical Therapy Solutions 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

Continued inside.

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ANYONE CAN SUFFER FROM NECK PAIN

Continued from previous page.

- **Improve mobility** through postural education and targeted movements/ stretches
- **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 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!

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

Call Today!

(315) 786-0655



DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed - No Insurance Needed No Expiration On Package Treatments - We Take Cash, Card, or Health Savings Account

Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Contact Innovative Physical Therapy Solutions today!

We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.



Scan the QR code to learn more about Deep Tissue Laser Therapy today!



5 STAR
REVIEWS

Patient Success Stories



Best staff and great results. They gave me the **best experience I have ever had with PT.** They helped me in so many ways and if I ever need PT it will definitely be the place I go. The therapists are the **sweetest people ever** and I really enjoyed seeing them throughout my PT experience. Also the front staff is so kind and really makes the experience even better. They try to make sure everything is a **smooth process.**

Definitely deserves more than 5 stars.
– Katherine S.

My experience at Innovative Physical Therapy Solutions has been **nothing short of phenomenal.** I came here as a referral for **pelvic floor** after giving birth in January. They are always kind and helping answering all of my questions thoroughly and well explained.

When I first started my hips were most definitely unaligned with pain and locking. After the first 2 weeks (2 appointments per week) my hips, core, and back started to slowly get back. This has helped me be able to **go back into working out without pain and workout with proper form.**

...I am **beyond satisfied** with the service I have received. Thank you. - L. J.

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Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

This exercise helps to Relieve Neck pain.

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.



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We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

Scan the QR Code to visit our Google Review Page and share your story.



Innovative PT Coupons

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316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 9/30/22