

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Request a FREE Consult

Innovative Newsletter

INSIDE:

DEEP TISSUE LASER THERAPY

5 STAR REVIEWS

EXERCISE TO HELP WITH PAIN

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.

REVIEW US

Quote of The Month:

"You've gotta dance like there's nobody watching, Love like you'll never be hurt, Sing like there's nobody listening, And live like it's heaven on earth."

—William W. Purkey

Happy Valentine's Day!

CALL TODAY!

(315) 786-0655



CONQUERING NECK PAIN & HEADACHES

A TALE OF TWO JOURNEYS

Meet Sarah and John, two individuals living with persistent neck pain and debilitating headaches. Their paths to relief would prove to be markedly different.

Sarah's Struggle with Neck Pain and Headaches

Sarah, a dedicated marketing manager, had always been an overachiever. Her job often demanded long hours hunched over a computer, fine-tuning marketing strategies, and meeting deadlines. The stress of her high-pressure job seemed to manifest physically as she began experiencing persistent neck pain and frequent headaches.

At first, Sarah chalked it up to stress and the demands of her work. She relied on over-the-counter pain relievers to alleviate the discomfort. These pills provided a semblance of relief, and she was grateful for the brief respite they offered.

However, as the weeks turned into months, Sarah noticed the pain progressing. What was once manageable headaches had evolved into searing pain that left her incapacitated. Neck pain became a constant companion, interfering not only with her work but also with her ability to enjoy the things she loved most in her life.

Sleepless nights became the norm, and the pain began to affect her overall well-being. Simple tasks like turning her head to check traffic while driving or enjoying dinner with friends became excruciating endeavors. Sarah realized that the medication she had relied on was no longer effective, and her life was spiraling out of control.

John's Journey to Recovery

On the other hand, John, a software engineer, faced a similar battle with neck pain and headaches. Like Sarah, his job required long hours in front of a computer screen. Initially, John also turned to over-the-counter pain relievers to manage the discomfort.

Unlike Sarah, John recognized that temporary relief wasn't enough. He knew he needed a more comprehensive

Continued inside.

INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME PHYSICAL THERAPY WITH TELEMEDICINE

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CONQUERING NECK PAIN & HEADACHES

A TALE OF TWO JOURNEYS

Continued from previous page.

solution to address the root cause of his pain. After researching, he decided to seek help from Innovative Physical Therapy Solutions.

John's physical therapist thoroughly evaluated his posture, range of motion, and muscle strength at his first appointment. They discussed his work habits and daily activities to identify potential triggers for his pain. It became apparent that his neck pain and headaches were closely tied to poor ergonomics at work and muscle imbalances in his neck and upper back.

With this understanding, John's physical therapist designed a personalized treatment plan that included:

- **Manual Therapy:** John's physical therapist performed manual techniques to release tension in his neck and upper back muscles. This provided immediate relief and improved his range of motion.
- **Targeted Stretches:** The therapist taught John stretches to help relieve muscle tension and improve mobility in the neck joints and upper back muscles to help reduce the frequency and intensity of neck pain and headaches.
- **Postural Correction:** John learned exercises to improve his posture and strengthen his neck and upper back muscles. These exercises helped him maintain better positions during long hours at the computer.
- **Ergonomic Education:** John received guidance on optimizing his workspace ergonomics, including raising his computer monitor to eye level and using an ergonomic chair at his desk. The small changes made a significant difference.

The Contrasting Outcomes

As John diligently followed his physical therapy plan, he began to experience positive changes. The frequency and intensity of his headaches diminished, and his neck pain significantly subsided. With his newfound knowledge of ergonomics and posture, he felt more in control of his health.

Sarah, on the other hand, continued to rely on over-the-counter medication in a futile attempt to manage her pain. Her condition worsened, and the once manageable headaches evolved into debilitating migraines. Sleepless nights persisted, and her daily life became increasingly limited.

It wasn't until Sarah saw John's transformation that she decided to take action. She sought the guidance of one of our physical therapists, just as John had done months earlier. Through a comprehensive evaluation and a tailored treatment plan, Sarah began her journey to recovery.

A Lesson Learned: Seek Comprehensive Care at Innovative Physical Therapy Solutions

While temporary relief from over-the-counter medication may offer initial respite, addressing the root cause of the problem is essential for lasting improvement. Our physical therapists will guide you toward a life free from chronic pain and headaches by addressing posture, ergonomics, and muscle imbalances.

It's never too late to seek the path to recovery and regain control of your life!

REQUEST FREE CONSULT



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.

CLICK HERE to learn more about Deep Tissue Laser Therapy today!



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5 STAR REVIEWS

"The laser treatment has been great. It has helped drastically with relieving a lot of pain and the payment options are very affordable. I highly recommend it."

-Jennifer K.

"Ashley was awesome and the whole up front staff was so kind & professional. Thank you so much!!!"

-Erica F.

"Not only do they assist in healing, they helped me learn how to use KT tape and how to fix my gait/run and helped me realize that my toes flared outward when jumping."

Using their guidance I was able to correct my body movements and ease pain significantly. My knee pain went from keeping me unable to run or deadlift to now I'm back to running miles and working out as much as I want."

-Serena

Share your success story!
Click below to leave us a review.

LEAVE US A REVIEW

Innovative PT Coupons

FREE 15 MINUTE CONSULT FOR YOU OR FOR A FRIEND!

(315) 786-0655
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316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 3/17/24



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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!

REPEATED CERVICAL RETRACTION

Start by sitting up straight and looking forward. Draw your head directly backward while keeping your chin at the same level. Do not tilt your head up or down. Hold for two seconds and return to the starting position.

