



SYNERGY
TRUMANSBURG
PHYSICAL THERAPY, LLC

NECK PAIN & HEADACHES

HOW TO HEAL YOURSELF WITHOUT MEDICATION

CHECK YOUR PHONE

With increased use of technology and phones in our technology advanced world we may not know the added stress we are putting on our neck. When using your phone make sure you don't cradle it with your neck, try bluetooth or hands free devices when making phone calls.

When texting, looking at Facebook, or browsing and playing games on your phone: make sure you keep your phone up and don't stare down for long periods of time. Take frequent breaks to gently move your neck and rest your neck from the strain using your phone can put on your neck and back.

ADJUST YOUR SLEEPING POSTURE

Try and sleep on your side or back with a good pillow. This will help keep your neck in a neutral position. When we sleep on our stomach we tend to twist your neck, which can increase stiffness or pain.

CHOOSE A NECK-SUPPORTING CHAIR

Maintaining good posture is a good way to keep neck pain under control. A headrest can help to keep your cervical spine in a neutral position. If you have a office job, or a job that requires prolonged sitting consider getting a chair with good head and back support. When available make sure your work setup is ergonomically correct, need more advice on this contact our office!

DO DAILY STRETCHING AND MOVEMENT FOR YOUR NECK

Try these simple stretches every few hours throughout the day:

- Roll your shoulders down and back
- Gently Squeeze your shoulder blades together
- Tuck your chin and gently push your head backwards hold for 10 seconds
- Gently bring your ear to your shoulder 5 times for a gentle stretch each side of the neck

Neck pain is a very individualized experience. This a guide to help reduce and alleviate your pain. At Synergy Physical Therapy we look at each case separately, complete a full comprehensive evaluation and set up a treatment plan working together with you to reduce your pain and get you back to your life! There is no faster way to feeling better than having one of our experts take a hands on, collaborative approach with you to help get you feeling your best.

Contact us for a free consultation. We will be happy to speak to you on the phone and get you back to your optimal health and wellness.

WEB: WWW.SYNERGYTBURG.COM PHONE: 607-213-3300

ABOUT COLLEEN ROBINSON



Colleen Robinson has years of experience working with patients who suffer from back pain. She graduated with her Doctorate from Ithaca College and was accepted into an Orthopedic Residency. This was a year long program with extensive education and hands on practice with mentors working with back, neck pain along with joint and muscle pain. In 2015 she accepted a Spine fellowship which included two years of indepth and advanced education and hands on practice: focused on back, neck and chronic pain. She has been attending additional courses throughout the country on TMJ conditions over the years and been treating people who suffer from headaches, neck back and TMJ pain as part of temporomandibular disorder.

Over the years she has spoken with many patients about making small changes to help them manage symptoms. This will provide you with some common small changes you can make to get you feeling better. Just try one of these at a time over the next few weeks. Wouldn't it be great if a few simple changes made a big impact on your pain?!

The truth is, without knowing your neck pain or your history intimately, I cannot tell you which of these will work best for you. There are no guarantees that any one single strategy will work. These changes are safe a simple and worth trying to make a positive change for you.

But imagine this ...how great it would be if you try just one of these simple strategies every day, and within a few weeks you could have all these small tips working for you – giving you back the active and healthy lifestyle that you've lost, or you are in fear of losing if things don't change in a positive direction.

With this valuable this knowledge in your hands, take time every day to try out at least one of these strategies. It really won't take long and most of them won't cost you anything just few minutes of your time. I think you'll be pleasantly surprised by how much better and healthier you will feel for doing so.

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