

Orthogo Physical and Aquatic Therapy Newsletter

CARE OPTIONS - SEE A PHYSICAL THERAPIST FIRST FOR NECK PAIN

I hope that last month's newsletter on how to start a walking program was helpful. This month, I would like to continue with the theme Care Options and talk about why physical therapy is a great first choice for neck pain.

The premise is simple - try things that are conservative, affordable and have little to no side effects first.

I don't want to get too technical with you but I think it is important to know the facts. For neck pain, physical therapy is the best choice as the first line of intervention and some of the highest quality research studies prove it. Here are some conclusions:

Exercise with manual therapy (this means hands-on techniques applied to your neck) has favorable outcomes.

A Cochrane review of manipulation and mobilization for mechanical neck disorders. Spine. 2005 Jan 1;30(1):166.

The results of another study indicate that at 7 weeks one group that received manual physical therapy (hands-on care) had a success rate of 70%, there was a 50% success rate for physical therapist directed exercise only, and a 35% success when pain relieving medication and verbal advice was provided. The group that received hands-on care had fewer missed days from work and used less medication.

Hoving, et al. Manual Therapy, Physical Therapy, Or Continued Care by a General Practitioner for Patients with Neck Pain. Ann Intern Med 2002;136 (10):713-722

Another study examining hands-on care and exercise also concluded that the results were better in both the short term and long term as compared to advice and stretching exercises only.

Walker, et al. The effectiveness of manual physical therapy and exercise for mechanical neck pain: A randomized clinical trial. Spine, 33(22), 2371-2378.

DO YOU WANT TO HEAR THE STORY? WATCH OUR VIDEO

Here is our

Online Video

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Bottom line, if you have neck pain or back pain, get to a physical therapist as fast as you can. The sooner the intervention begins the sooner you will feel better.

Coming Soon

*Recommendations
for plantar fasciitis
pain*

Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening

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**Orthogo Physical &
Aquatic Therapy**
4151 W. Orleans Street
McHenry, IL 60050
815 344 9727



"Physical therapy is the best choice as the first line of intervention..."