



Delaware  
Physical Therapy Clinic

*Open to the public*

## Neck Pain

University of Delaware  
Physical Therapy is Ranked  
#1 in the Nation by US  
News and World Report!

We staff Board Certified  
Specialists in the areas  
of Orthopedics, Sports,  
Geriatric, and Neurologic  
physical therapy.

### What We Know About Your Neck Pain

- Your neck is made up of 7 cervical vertebrae which are separated by disks.
- These segments are stabilized by joints, ligaments and muscles.
- The neck is very mobile and can be painful when injured.
- Research supports use of manual therapy techniques and exercise for short and long term pain relief.
- Physical therapy intervention can reduce your pain and restore your activity level.



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## Common Neck Injury

### Did you know?

- Injury and postural problems are the most common cause of neck pain.
- Diseases such as arthritis and degenerative disk disease, DDD, can also cause neck pain and loss of motion.
- Posture, such as slouching shoulders and forward head, place undue stress to joints and ligaments causing damage to soft tissues or nerves.
- Injury or trauma occur when your neck moves in jerky or uncontrolled ways causing injury to muscles, ligaments or joints.
- Pinched nerves occur when a nerve bundle is constricted or compressed with neck movement leading to symptoms which may include numbness or weakness in the arm/hand.
- Headaches may be due to injury to upper cervical vertebrae.
- Arthritis may develop with age as the joint tissue begins to wear down causing painful and stiff movement.
- Strains/Sprains may be due to injury or repetitive or improper movements causing pain.



### Physical Therapy Assessment of Your Condition

- Our physical therapists will provide a thorough individualized evaluation based on your symptoms
  - Review of health history, questions about specific symptoms
  - Perform tests to identify problems with posture/ flexibility/strength/ joint mobility/functional movement
  - Screen to identify potential of serious health problems minimizing back pain
  - Postural assessment of body position and movement during work, home or leisure/sport activity
- Here at Delaware PT we use the most recent, up to date research, to provide evidenced based practice to get you back in action faster.

## What Will Your Physical Therapist Do For You?

- Create an individualized treatment program tailored to your back problem.
- Reduce pain and increase your activity level.
- Manual therapy techniques to the joints and soft tissues (muscles) to improve motion.
- Restore motion and strength.
- Provide education about care of your back and training for proper lifting, bending, sitting and work activities.
- May prevent the need for more expensive or invasive treatments.
- Identify factors which may increase your risk of re-injury.



Call today to schedule an appointment.  
We are on campus and open to the public!

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