



RELIEVE YOUR PERSISTENT NECK PAIN

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 Cornerstone Physical Therapy.

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 Cornerstone Physical Therapy 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
- 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 During 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!

Contact Cornerstone Physical Therapy for Neck Pain Relief!

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

[CLICK HERE](#)
to make your appointment today!

PATIENT SUCCESS STORY

“I would give 10 stars if it gave me the option. Dr. Basem is the best physical therapist I’ve ever seen, and his crew are very professional and knowledgeable. I had a sharp pain in my neck; I couldn’t move it. After the first visit I felt so much better and I was able to move normally with no pain at all. I highly recommend Cornerstone Physical Therapy. Thank you so much. 😊”

— Bassem S.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3150268/>; <https://pubmed.ncbi.nlm.nih.gov/28436583/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>; <https://www.jospt.org/doi/10.2519/jospt.2017.0302>

Visit us online www.thecornerstonept.com or call today (817) 826-9757

EXERCISE ESSENTIALS




DEEP NECK FLEXOR ACTIVATION IN SUPINE

Stretches Your Neck

Start by lying flat on your back with your head relaxed. Place your fingertips gently on the front of your neck and make sure you do not feel your surface muscles activating. Tuck your chin down toward your chest slowly without activating your surface neck muscles. Slowly untuck your chin. Repeat 3 sets, 10 reps each.



 **PT WIRED** www.ptwired.com Always consult your physical therapist before starting exercises you are unsure of doing.

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 <https://www.instagram.com/cornerstonepttx/>

 <https://www.youtube.com/channel/UCN0IXnLIZ4HtcHmZlrLRuqA>

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

www.thecornerstonept.com



GARLIC PARMESAN-STUFFED MUSHROOMS

- 15 mushrooms
- 1 tbsp canola oil
- 2 tbsp garlic, chopped
- ½ tsp kosher salt
- ½ tsp black pepper
- 8 oz cream cheese, softened
- ¼ cup Italian breadcrumbs
- ½ cup shredded parmesan cheese, divided
- 2 tbsp fresh parsley, chopped
- 1 teaspoon kosher salt
- 1 tsp black pepper
- fresh parsley, chopped, to garnish

Preheat oven to 350° F (180°C). Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Remove from heat. In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes. Garnish with a sprinkle of parsley, then serve!

<https://tasty.co/recipe/garlic-parmesan-stuffed-mushrooms>

COME BACK TO PT!

**FREE 15-MINUTE
CONSULTATION**

CALL TO SCHEDULE TODAY!

(817) 826-9757

Offer valid for the first 20 people to schedule.
Expires January 31, 2024

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