



POLISHUK PHYSICAL THERAPY
WELLNESS & FITNESS



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Finding Natural Relief From Neck Pain

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keeping you safe...

INSIDE

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Finding Natural Relief From Neck Pain

Neck pain can be both debilitating and terrifying. When you experience an injury that leaves your neck in severe pain, the thought of not being able to freely turn your head is overwhelmingly stressful. What's more, the pain itself is unbearable, and since the neck is so sensitive to injury, it is important to be as careful as possible in finding treatment and solutions for the pain.

It is incredible to realize how common neck pain is — especially among American adults!

More than two-thirds of U.S. adults will develop neck pain at least once in their life.

The reasons for the neck pain are as varied as the population of the nation itself. Injury, muscle strain and even stress can cause significant pain in the neck and upper back. If you aren't careful, a neck injury can lead to chronic pain, and it is even possible for chronic headaches like migraines to develop as a result of regular neck pain.

There are a lot of different ways that you can relieve neck pain, but the best treatment for your personal needs depends entirely on the type of injury that you've experienced.

Here is a quick breakdown of what could be going on to cause your neck pain:

If your pain is developing gradually over time and is not the result of any particular injury that comes to mind, then it may be a result of degenerative disc disease. When this develops, you may experience chronic neck pain as a result of fluid-filled sacs that are becoming weakened over time as a result of stress and strain. Physical therapy can help alleviate the pain from degenerative disc disease by helping restore blood circulation and improve range of motion in the neck. This therapy is approached in a careful and deliberate way so as to not cause further pain in the neck region.

Sometimes, neck pain develops after a particular injury, such as due to accident or even as a result of a car accident or a slip and fall accident. When this happens, your pain could be a result of a muscle strain or sprain. When this is the case, then using traditional methods like hot and cold therapy and targeted physical therapy treatment can do a lot of good to alleviate the pain. However, attempting exercises on your own could also result in further pain.

Have neck pain that won't go away?
We want to help you! Call us at (215) 641-9401 today!



1. **Feel free to call us and ask to speak to a therapist.**



2. **The therapist will tell you the possible causes of your pain as well as precautions you can take at home.**



3. **If further assessment is warranted, the therapist might recommend you come in for an appointment.**

Call Polishuk Physical Therapy to talk with a physical therapist today!

Common Causes and Solutions To Neck Pain

In some cases, mechanical neck pain can develop as a result of a change in the neck joints. This may develop as a result of a disc collapsing, which causes the space between the bones to become narrow, often causing bones to strike one another, resulting in pain. **When this isn't addressed, mechanical neck pain can spread, causing the pain to become more severe and covering a wider range of the neck.**

Finally, neck pain is sometimes caused by radiculopathy, which refers to pressure or irritation in the nerves of the neck, which alters the electrical signals in the neck, causing you to feel more pain throughout the day. Physical therapy can help reduce the pressure and irritation surrounding the nerves, often offering immediate relief from pain and discomfort.

These are just some of the frequent causes of neck pain. It is important that you never assume that your neck pain is being caused by one or another of these issues, and that you instead always work with a licensed and experienced physical therapist to determine the precise cause of your pain and discomfort.

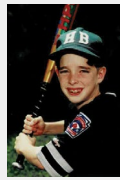


Is Your Neck Pain Caused by Sleep Issues?

There is one more factor that often is not spoken about, but it's a frequent cause of neck pain and discomfort: sleeping issues. Sometimes, sleeping in a certain position or sleeping on a mattress or pillow that is too soft or too hard will lead to neck pain. Oftentimes, this pain will appear to be chronic, as the sleeping issue is likely something that you experience day after day, causing the pain to return regularly.

It may be helpful to rule out sleeping concerns as a reason behind your neck pain by assessing your sleeping conditions and making any changes that you think may be necessary. Adjust how many pillows you sleep on, the position you sleep in or even your mattress!

Contact us today! Are you living with neck pain? If so, don't hesitate to contact Polishuk Physical Therapy today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!



Staff Spotlight

John Battles

Meet 10-year-old John Battles. It was in his hometown of Bridgeport, West Virginia while playing Little League Baseball, where John's interest in physical therapy was initially piqued. John's coach was a physical therapist who regularly treated him for baseball, as well as other sports injuries. When John moved on from Little League, his relationship with his coach progressed into a mentorship, which helped solidify John's desire to become a physical therapist. After graduating from University of Pittsburgh with a Rehabilitation Science degree, John attended University of Delaware for his Doctorate in Physical Therapy. Following graduation in 2010, John joined the Polishuk Physical Therapy team. In 2017, John acquired his Orthopaedics Certified Specialist certification through the American Board of Physical Therapy Specialties. This certification helped to hone his passion for working with active individuals with shoulder and knee pain.

While work keeps him busy, his home life is also exciting, as he and his wife try to keep up with their 4-year-old and 20-month-old boys. When not working or enjoying time with his family, John enjoys playing golf and staying active.

Have a nagging injury that's keeping you away from the activities you love? Come see John, and while you are at it, ask him about his favorite public golf courses.

Breathing Techniques For Relaxation & Stress Relief

It began in India, where yogis learned to sync their breathing with their movements — a practice called pranayama that was meant to center the mind and bring a sense of calm.

Today, you'll find breathwork in a wide variety of settings. Pranayama is still practiced in yoga studios across the world. Psychologists teach breathwork to help people manage anxiety. Navy SEALs use breathwork in the field to stay relaxed and alert.

Wim Hof, a Dutch athlete, used his breathing technique to train his body to withstand extreme cold. He hiked Mount Kilimanjaro wearing only shorts — and then taught several dozen other people to do the same, using nothing but their breath. Even the 1990s Chicago Bulls used breathwork. They say pregame breathing exercises kept them in-synch as a team, helping them win six championships in eight years.

Breathwork can help you cultivate mental clarity and calm your central nervous system, slowing your heartbeat and leaving you in a state of relaxed focus. Consider trying one of the three following techniques. You might be surprised by how different you feel after just a couple minutes of paying attention to your breath.

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Box Breathing

This is the simplest breathing technique. It has four simple steps:

1. Breathe in for 3 seconds
2. Hold for 3 seconds
3. Breathe out for 3 seconds
4. Hold for 3 seconds

Repeat this pattern as many times as you'd like. You can start with 3 seconds and work your way up.

Box breathing is great for instant relaxation and stress relief.

Wim Hof Breathing

This is the breathing technique that Wim Hof used to climb Mount Kilimanjaro in shorts, set the world record for swimming under ice, run a half-marathon barefoot in the Arctic Circle, and more.

1. Take 30 deep, rapid breaths in through your nose and out through your mouth. Inhale deeply and exhale only partially for these breaths. You want to build up as much oxygen in your system as possible.
2. Take a deep breath in, then exhale until your lungs are empty. Hold for as long as you can.
3. When you're out of air, take a big breath. Hold for 10 seconds, then exhale.

Repeat this exercise as many times as you'd like. Twice is a good place to start.

Wim Hof breathing is great for focus and mental clarity.

Belly Breathing

Belly breathing is a simple meditation technique that you can do anywhere.

1. Sit or stand comfortably with your back straight
2. Take a deep, slow inhale into your belly. Your belly should expand as you inhale and your chest shouldn't move much, if at all.
3. Exhale slowly and evenly through your nose.

A few minutes of belly breathing before bed will help your body wind down. It also pairs nicely with your morning coffee.



Wishing you a happy, healthy, and safe holiday season from all of us at Polishuk Therapy and Wellness!

We're Staying Safe!



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WEARING PROPER FACE MASKS



Patient Success Spotlight

"Thank you so much for all your care and support. I could not have done the Marine Corps Marathon without your help. You're the best!" - Lisa