



**PHYSICAL  
THERAPY, PC**

**Orthopaedic & Sports Rehabilitation**

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## About Us

How many times have we said something was a "pain in the neck?" Neck pain, (along w/low back pain) can certainly curtail our activity level and affect us at our jobs, on vacation, or recreationally. Maintaining good posture is one of the keys to keeping neck problems at bay. Make sure to take frequent breaks if sitting for extended periods of time, whether at work, watching TV, playing video games, surfing the internet, etc...Your neck will thank you in the long run.

You can learn a lot if you just listen. Throughout the years and countless conversations with health care professionals and their patients, I've learned a lot about what the community really wants from a physical therapy center. I'm proud to say I've built Wilderman and Associates Physical Therapy, PC around the community's need.

## The Neck: What Can (and Does) Go Wrong!

Chances are you don't think about the muscles surrounding your neck much. These muscles hold your head up and allow it to move it in different directions. These muscles allow you to trace a bug flying across the room, or to follow a tennis ball as you get ready to swing back at it. Then one day, you wake up and suddenly can't move your head, or can only turn to one side. And you experience, literally... **a pain in the neck.**

That's a scenario none of us want, but it's more common than we realize. The neck is made up of many small muscles and carries a lot of nerves, and can easily suffer from a disc injury or pinched nerves. Due to its mobility and flexibility, the neck has a high risk of injury.

What can go wrong?

A "pulled muscle" (or muscle strain), occurs when a muscle is stretched or exerted beyond its limits. In severe cases, it can lead to a muscle tear.

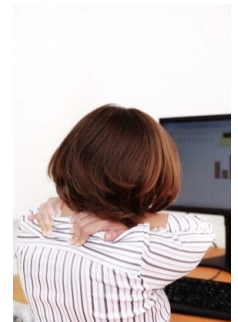
A "slipped disc" (which can be a herniated or bulging disc) is a disc that has been pushed beyond its boundaries. It may even bulge out and spill into the surrounding area, putting pressure on the ligaments, muscles, or even the nerve itself.

Herniated discs often start with no symptoms, but may eventually lead to tingling, numbness or even sharp pain. So, what are the common causes of a herniated disc?

- Poor body mechanics with daily activities (like frequently lifting or bending improperly)
- Poor posture (in sitting or standing, or too much time on the computer)
- Sports injuries that require a lot of running, jumping or extreme flexibility (like gymnastics)

Common ways to injure your neck can be a fall or an accident, but sometimes neck pain appears out of nowhere. Years of abuse -- like poor posture or poor body mechanics -- can trigger an incident.

Read below to see what our therapists recommend to help you "take the load off your neck".



## The Consequences of Neck Inactivity

In one form or another, excessive stress on the neck is certainly the most familiar cause of injury to the neck muscles. However, a second cause is slightly less threatening, but more common -- inactivity. Failure to use the neck muscles regularly through moderate activity leads to sudden overuse, poor posture and other stresses on the neck. As a result, the joints, muscles and ligaments stiffen, and suffer from poor blood flow.

Inactivity by itself can make the neck more susceptible to general joint degeneration!

The effects of inactivity are magnified as we age. This can lead to degeneration in the bones and joints in the neck.

Regular exercise, like walking, swimming, or even playing golf, can help keep these problems at bay. Interestingly, the X-ray of an elderly person's neck who is more active may look "younger" than the X-ray of the neck of an inactive person in his thirties.

Wilderman and Associates Physical Therapy, PC combines progressive treatment plans with "old-fashioned" patient care. As a physical therapist, I am committed to a comprehensive approach to recovery utilizing the latest techniques and state-of-the-art equipment. Whatever the need: return to work, back to sports, relief of nagging neck and back pain; whatever the challenge, we at Wilderman and Associates Physical Therapy, PC will rise to help our patients meet it.

And because Wilderman and Associates Physical Therapy, PC is privately owned and operated, each patient receives personalized care and is treated by the same therapist each visit. We offer immediate appointments, because we want to get our patients back on the road to recovery as soon as possible.

Best of all, we want your suggestions on how we can make our practice even better. Get your wish list ready, because at Wilderman and Associates Physical Therapy, PC we're all ears and ready to listen.

Sincerely,  
David A. Wilderman, PT, DPT,  
MS  
Owner

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### ***Free Downloadable E-books***

[10 Best Health Tips](#)

[Low Back Pain](#)

Don't underestimate the importance of exercising those small, but important, muscles of your neck.

Call us today to see how we can help get your neck to feel and function "younger".



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## **The Best Treatment For Your Neck**

Some neck problems, like a mild sprain or strain, may get better simply with rest and ice.

Other injuries, like a pinched nerve or disc injury may need a more advanced physical therapy plan tailored to your particular type of injury, like:

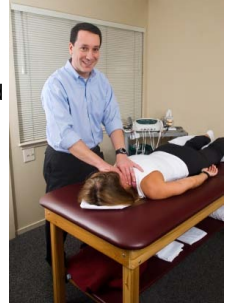
- Specific exercises to strengthen the neck and improve range of motion, and
- Modalities (like heat/ice, electrical stimulation, or ultrasound).

Here are some tips to keep your neck moving and functioning pain-free:

1. If your job requires you to lift frequently (like in construction work or furniture moving) – be sure to keep good posture as you are lifting. Remember lift with your legs, not your arms or back!
2. If you have to stand for long hours (like working in an assembly-line) – try using a low footstool to prop up one foot, alternating feet from time to time.
3. If you are at a computer all day – keep your chair, desk, and monitor at the proper heights.

Be sure to call us to schedule a complete analysis of what your risk of neck injury is. Remember, help is only a phone call away.

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