



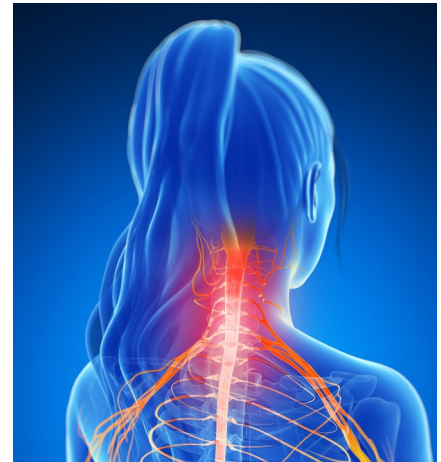
Common Sources of Neck Pain

Neck Pain is a common problem we treat here at LSTC. Here are some of the most common conditions we see:

1. **Cervical Radiculopathy:** Restricted nerve mobility in the neck that can cause pain into the shoulders and arms.
2. **Muscle Spain/Strain:** Muscle that produces pain with contraction (use). The term “strain” specifically refers to faulty tendon contraction. Tendons are where muscles attach to bones.
3. **Tension Headaches:** The muscles of the neck attach to the head (skull). As a result, muscular tightness in the neck can cause headaches.
4. **Whiplash Associated Disorder (WAD):** During car accidents, the head frequently gets thrown forward and then “bounces” back at a rapid speed. When this happens, muscle guarding occurs. Muscle guarding is the bodies natural response to pain and rapid movement; the goal is to restrict movement to avoid potential/future damage. WAD happens when that natural guarding doesn’t resolve on its own in a timely fashion. People experience limited mobility and pain with movement.

Why Physical Therapy, Why NOW?!

- * No pain, no gain is not “a thing”
- * Find out the root cause of their specific pain
- * Personalized Care
- * Increased Strength
- * Increased Mobility
- * Reduced/Absent Pain
- * Improved Body-Awareness
- * Education regarding your condition and how to manage it



A Doctor of Physical Therapy (DPT) will evaluate each individual’s body structure and function, determine which of these factors AND more could be contributing to your patients pain experiences. Their pain could have pain in the neck that is very localized or could have pain in their arm and/or upper back that is coming from their neck. A plan of care would be designed to address the symptoms and the source.

At Loudoun Sports Therapy Center, our clinicians are experts at helping your patients for live a pain free and active life. Call our office today at 703-450-4300 and schedule your patients physical therapy appointments.

Top 5 Reasons to send Your Patients to LSTC:

1. **FLEXIBLE SCHEDULING**
2. **ALL MAJOR INSURANCE PLANS ACCEPTED**
3. **HIGHLY TRAINED PHYSICAL THERAPISTS WHO GIVE THE BEST CARE IN THE AREA**
4. **PHYSICAL THERAPISTS AND LPTA’s WORK ONE-ON-ONE WITH ALL PATIENTS WITH CERTIFIED ATHLETIC TRAINERS AS SUPPORT STAFF**
5. **INDIVIDUALIZED TREATMENT PLANS TAILORED TO PATIENTS’ NEEDS**



"I came here with limited mobility and moderate to severe back pain. Difficulty; standing, walking, sitting for extended period of time. Now I am able to resume my long walks and other activities of daily living and exercise. The staff is amazing, professional and dedicated. Thanks so much."

~ Jacqueline B.

Our expert staff can help your patients with:

ALL orthopedic conditions:

- Neck and back
- Hip and knee
- Ankle and foot
- Shoulder
- Elbow, wrist and hand
- Pre and Post-surgical rehabilitation
- Sports Injuries
- And more!



"I really feel the therapy has been so helpful. Besides increasing my range of motion in my neck, it has helped lessen my anxiety about my dizziness. It's been a great experience and I will definitely do my exercises at home. Every therapist here was so professional, friendly, and caring. I would absolutely recommend Loudoun Sports Therapy Center.

~ Mary D.

We Make Referring Patients EASY!

Let Loudoun Sports Therapy Center help you get your patients back to pain-free living NOW!
We take the headache out of referring your patients for physical therapy.

We provide fast, concise and easy-to-read reports sent to your office to keep you Informed of your patients' progress. It's our job to get the results you **and** your patients want so they THANK YOU for referring them to us.

Refer your patients to Loudoun Sports Therapy Center and we will help them get back to PAIN-FREE LIVING!
We make it easy. Call 703-450-4300 or simply FAX prescriptions to 703-450-5113.

LSTC

Loudoun Sports Therapy Center

The Leader in Physical Therapy

