



# Results of Not Treating Neck Problems

Think back to the times when you have fallen asleep in an awkward position and had the unexpected pleasure of waking up to a “crick in your neck.” You know when you have an aching neck it makes it very difficult to turn your head to check your blind spots when driving, bend your head forward to check your cell phone, or enjoy knitting or crocheting without discomfort or pain.

Now let’s say you’re like most people who think “oh, it’s not that bad”. When not handled appropriately and immediately, this small “crick” in your neck can lead to; Tension headaches, Facet joint (the junction between two neck vertebrae) dysfunction, and Inability to perform daily tasks safely

Good News! **Physical Therapy can address many of these ‘pain in the neck’ problems.** It’s important to remember that in order to address any kind of pain or discomfort for good, **you need to handle the root cause of that problem.** In most cases, the root cause of this pain is tightness and bound up muscles in the neck. Heat, massage and medication will handle this discomfort *temporarily*, but not permanently. **Physical therapy is an effective and conservative treatment option to relieve your aching neck FOR GOOD!**

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### Common Causes of Discomfort and Pain:

- **Sleeping in a compromised position.** Before you go to bed each night, it’s important to think about which position provides you with the most comfort and spinal support. For instance, those who sleep on their side tend to need additional pillows to prop their head up so it stays in line with their spine.
- **Improper Posture.** When someone is constantly in a forward head position, or when they have to rotate their head in one direction for an extended period of time, they risk adding additional stress to the neck muscles.

- **Sports.** Athletics can also be a main cause of the “crick” in your neck, especially sports that involve quick and aggressive movements of the shoulders and neck, such as golf and tennis.
- **Improper setup.** This could be a work station, your television at home or even your phone in your hand. Each of these activities should be done with proper setups in order to help avoid any achy neck issues. Work stations should be set up to minimize all discomfort.

**If you’re dealing with any kind of neck pain or discomfort, CALL Loudoun Sports Therapy Center at 703-450-4300 TODAY. Our Physical Therapists will begin helping you to alleviate your pain so you get back to the things you enjoy most.**




## We will be closed on:

**December 24th  
&  
December 31st**

We hope everyone has a wonderful Holiday!






### Themed Christmas Week!

**12/20 - 12/24**

- 12/20 MONDAY:** CHRISTMAS PJS
- 12/21 TUESDAY:** CHRISTMAS SOCKS AND JEANS
- 12/22 WEDNESDAY:** UGLY CHRISTMAS SWEATERS
- 12/23 THURSDAY:** CHRISTMAS DRESS-UP/CHARACTERS
- 12/24 FRIDAY:** CLOSED! MERRY CHRISTMAS!




## Success at LSTC



### I HAVE MUCH MORE ENERGY & STRENGTH!

“When I first came to LSTC, I could not stand for more than 15 minutes without feeling pain in my lower back which would generally ache for hours. After my sessions here, I feel like my core is much stronger and I can move and stand relatively pain-free. I also feel like I have much more energy and can move comfortably engaging in physical activity.”

~ Ruben H.



### MY BACK FEELS BRAND NEW!

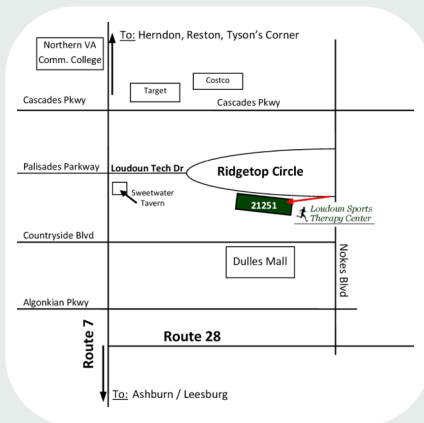
“I came in here thinking that I would always be suffering with back pain, but with the positive attitude and motivated trainers here at LSTC I was wrong. Couldn't be more grateful and proud of the trainers, my back feels brand new and I finally feel like a 21 year old. I would highly recommend LSTC to anyone.”

~ Erick R.

## Outpatient Physical Therapy Specializing in:

- \* Lower Back Pain \* Neck Pain \* Sciatica \*
- Hip Problems \* Shoulder Pain \* Bursitis \*
- Tendonitis \* Frozen Shoulder
- Joint Pain and Replacements \* Foot and Ankle Pain \*
- Plantar Fasciitis \* Knee Problems \*
- Arthritis \* Muscle Pains \* Sprains \*
- Strains \* Hand, Wrist, and Elbow Problems \*
- Sports Injuries \*
- Sports Performance Program \* Ergonomics
- \* Runners Program \* Other Conditions

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Loudoun Sports Therapy Center  
The Leader in Physical Therapy