

Welcome

# Healing Neck Pain Naturally



## Who is Denise Schwartz?



- Owner of The Manual Touch Physical Therapy in Wheeling, IL
- Traditional and Non-Traditional PT
- Level 1 Trauma Hospital for 14 years
- Co-founder, Center IMT Chicago
- Founded The Manual Touch in 2010
- Over 5,000 hours of continuing education
- Holistic approach to physical therapy



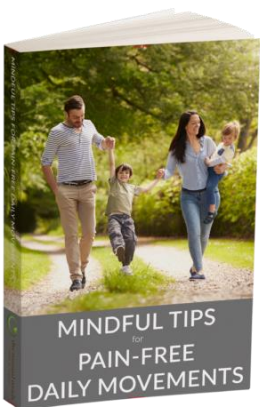
## Common complaints

- Head, neck, arm pain
- Arm/hand numbness/tingling
- Loss of neck mobility
- Headaches
- Vertigo
- Arm/hand weakness
- Difficulties: sleeping, driving, walking, computer, grooming, writing.



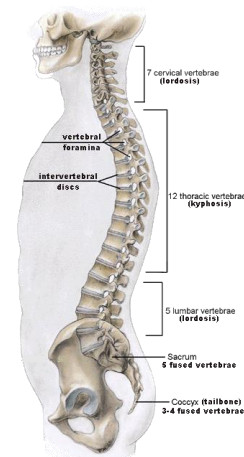
## 4 Common Causes

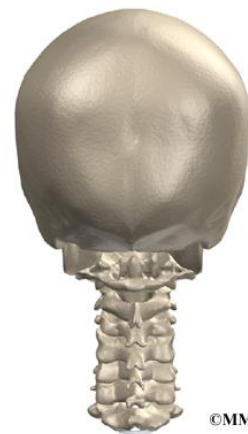
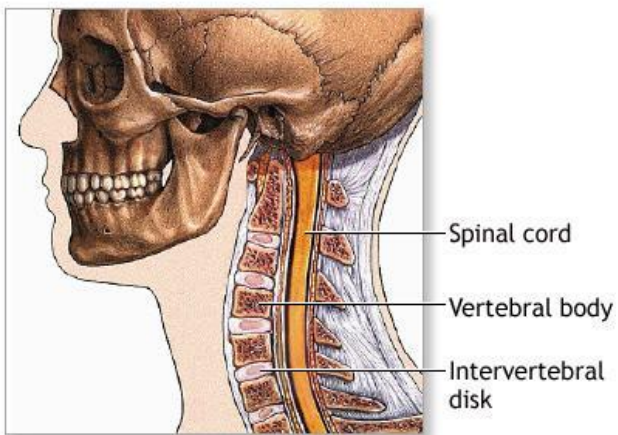
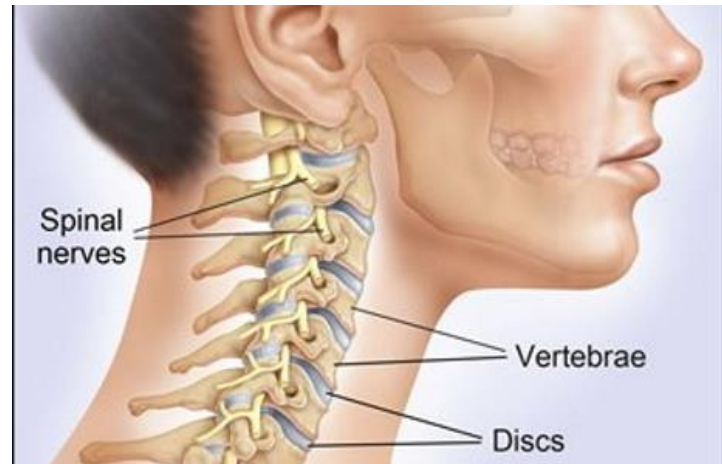
- Arthritis/stenosis
- Herniated disc
- Musculoskeletal - Postural weakness/soft tissue
- Musculoskeletal - Skeletal



Tips for Mindful Daily Movement

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## Arthritis/stenosis

- Stiffness/loss of mobility
- Numbness/tingling/weakness in arm - often both arms
- Pain in neck or arm
- Crunchy sounds
- Difficulty doing shoulder checks in the car

## Herniated Disc

- Numbness/tingling/weakness in arm - usually 1 side
- Head, neck, arm pain
- Loss of mobility
- Loss/decrease of reflexes
- Decreased light touch sensation of arm
- Certain head positions reproduce arm symptoms

## Skeletal

"I slept funny"

Elevated 1st rib

Cervical vertebra rotation

Decreased upper thoracic or whole thoracic mobility

Jaw/TMJ/ear pain

headaches/migraines

Vertigo: cervicogenic



## Soft tissue issues

↔ Postural weakness - core weakness: typical comment "pain at end of the day"

~ Whiplash - front neck muscle strain

⚡ Respiration using accessory muscles

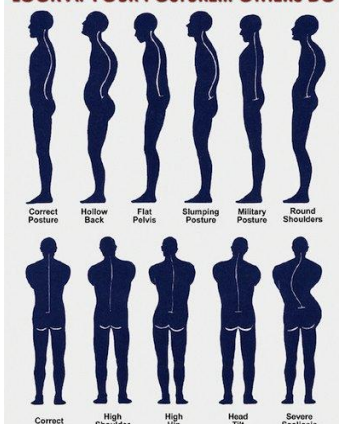
⊕ Neck or arm pain

↶ Upper back pain

⊖ Base of skull pain - vision



### LOOK AT YOUR POSTURE... OTHERS DO



## Will Therapy Help?

- First Determine: Is the pain **REPRODUCIBLE?**
  - If so, then it is likely **REDUCIBLE.**



## What's the #1 Mistake?

The biggest mistake people make with neck/arm pain:

*They Ignore It.*





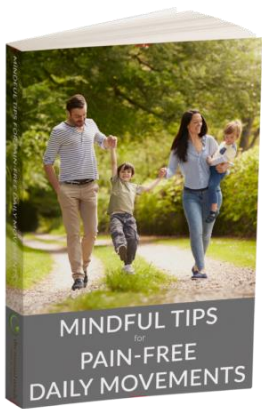
Exit Glacier receded from 2005-2022

## IMPORTANT

*Diagnosis dictates the exercise program*



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*Three years ago, I fell and broke my right arm and hip, followed by months of physical therapy. I still have "issues" with my neck, back, hip and knee....which Denise has explained are all related. She is a "new set of eyes" on an old problem, and has helped me immensely. I have learned new exercises for my neck, back and hip which have made a difference in my pain and mobility.*

*I'm a pediatric physical therapist and I was taking a yoga teacher training. My left shoulder and neck were getting progressively tighter and eventually pain was keeping me up at night. I knew I wanted treatment from a very knowledgeable PT with good manual skills and someone who excelled at evaluating postural and functional issues. Denise is that person and she corrected my biomechanics with exercises and manual therapy. There are only a few PT's that possess skills like Denise. I'm happy to report that I am pain free and sleeping through the night, pain free during yoga.*



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*I had constant neck pain from a car accident 2 years ago. At my first appointment I could tell that Denise was able to get right to the point of my problems. After numerous therapy sessions I felt such a relief of my constant pain. It is better now, I can sleep better and use less pain medication. My goal is to avoid surgery and I feel hopeful that will be possible.*

*I came in to see Denise due to a cervical disc herniation. I had 6 weeks of PT at another location but still was unable to turn my head fully or work at a desk without terrible pain. After seeing Denise and following her exercise program, I was almost back to normal within a few short months. I was so pleased that my son now sees her for his lower back post-op therapy.*



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## Physical Therapy

**Hands-on** therapy

**Strengthening and Neuromuscular** exercises

**Postural and Body Mechanics** education



## Call for a Free 20-25 minute Consult

Phone call or telehealth

Discuss your current issues

Recommendations

\*\*\*847-541-7600\*\*\*



## Tips

Sleeping	Movement	Self Treatment	Exercise
Side sleep or on back using a pillow that will allow your neck to remain in neutral position	Do not stretch neck by moving head instead move your body <ul style="list-style-type: none"> <li>Sitting/standing - arms across chest - rotate slowly right/left</li> <li>Sitting/standing - arms across chest - sidebend right/left</li> </ul>	Use ice or heat	Core strengthening!!!!



# Thank You!

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