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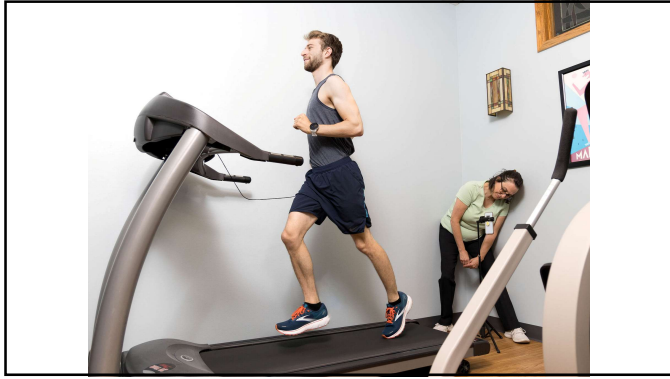
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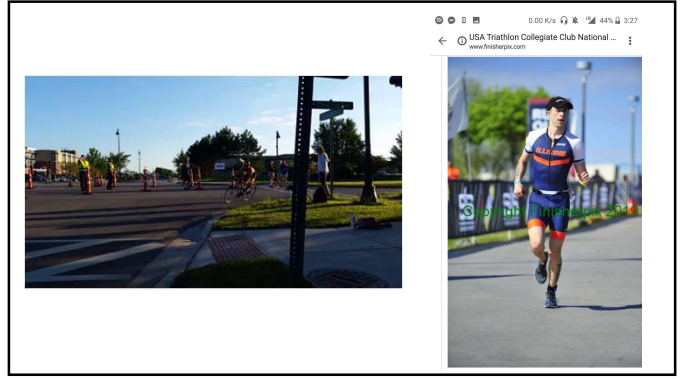
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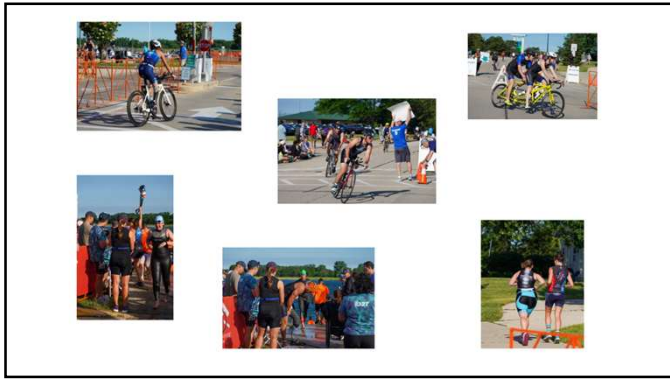
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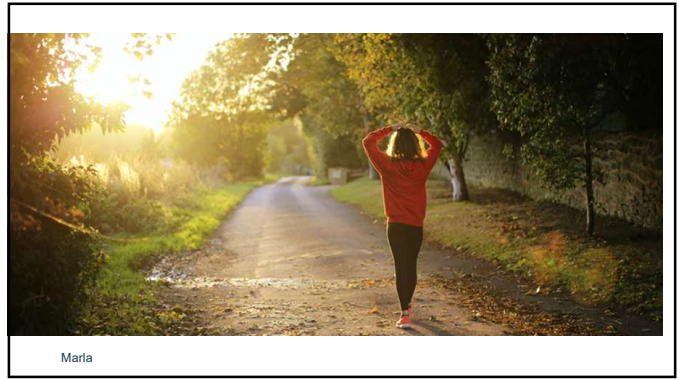
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### TESTIMONIAL

What patients are saying about The Manual Touch



**THERESIA**

"I had constant neck pain from a car accident 2 years ago. I went through PT somewhere else without any good results. I then was recommended to come to The Manual Touch PT. 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."


★★★★★



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Today

- 4 common causes of neck pain
- Anatomy
- What you can do about it




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### 4 Common Causes

- Arthritis/stenosis – spine or foramina
- Herniated disc
- Musculoskeletal - Postural weakness/soft tissue
- Musculoskeletal - Skeletal




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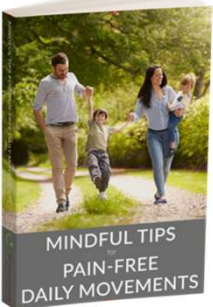
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### Common complaints

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




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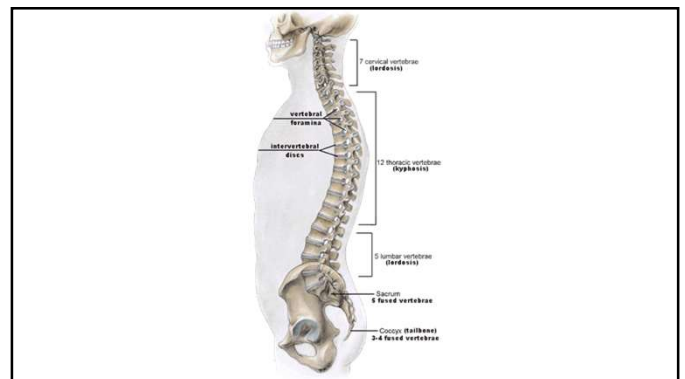
### Tips for Mindful Daily Movement

Get my eBook at [TheManualTouch.com](http://TheManualTouch.com)

MINDFUL TIPS FOR PAIN-FREE DAILY MOVEMENTS



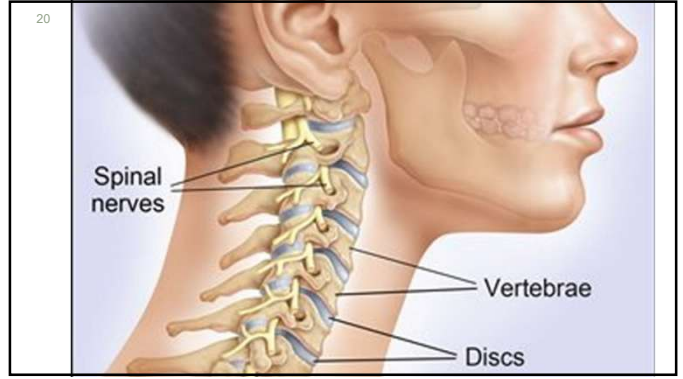
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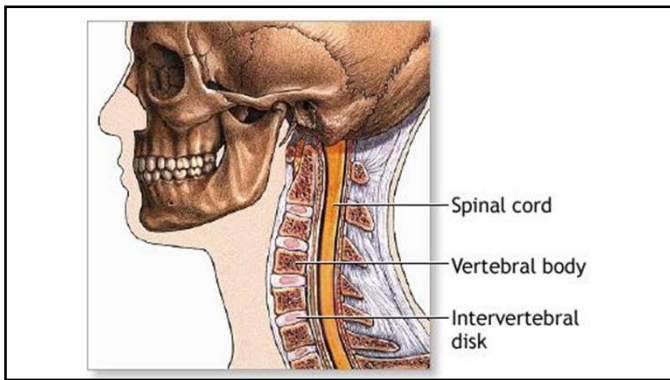
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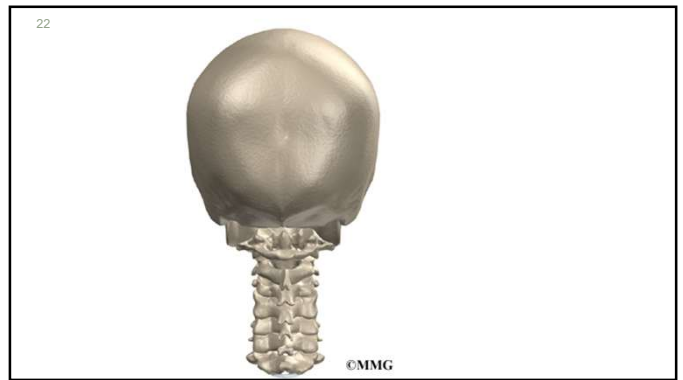
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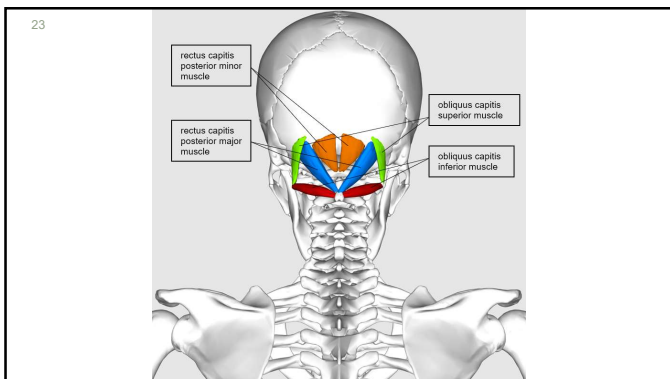
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### Soft tissue issues

- ↔ Postural weakness - core weakness: "pain at end of the day" or poor balance
- ↔ Whiplash - front neck muscle strain
- ↔ Respiration: using accessory muscles more than diaphragm
- ⊕ Neck or arm pain
- ↖ Upper back pain
- ☹ Base of skull pain – vision, balance

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### Arthritis/Stenosis/Impingement

- Pain at end range of neck movement
- Pain in neck, shoulder, or arm
- Stiffness, loss of mobility "difficulty doing shoulder checks in car"
- Numbness, tingling, or weakness in arm
- Crunchy sounds
- Over age 55
- "My arm falls asleep"

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### 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

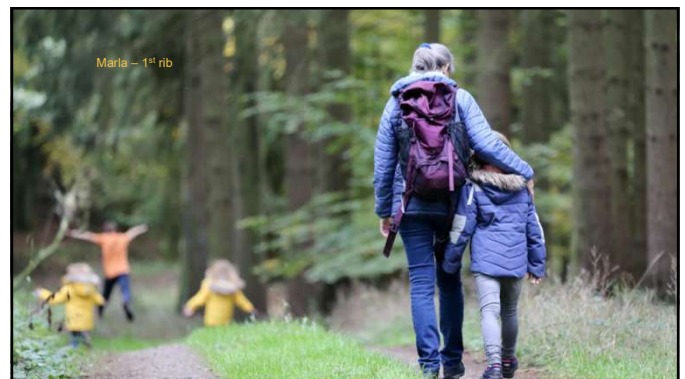
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### Skeletal

- "I slept funny"
- Elevated 1st rib
- Cervical vertebra rotation
- Decreased upper thoracic or whole thoracic mobility
- Jaw/TMJ/Ear pain
- Headaches/migraines
- Vertigo: Cervicogenic

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Postural Weakness and Immobility

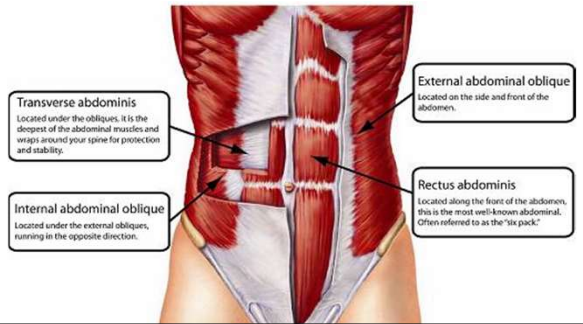


Kathy S



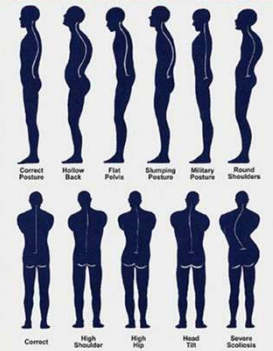
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Core/Abs



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LOOK AT YOUR POSTURE... OTHERS DO



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POSTURE CORRECTION




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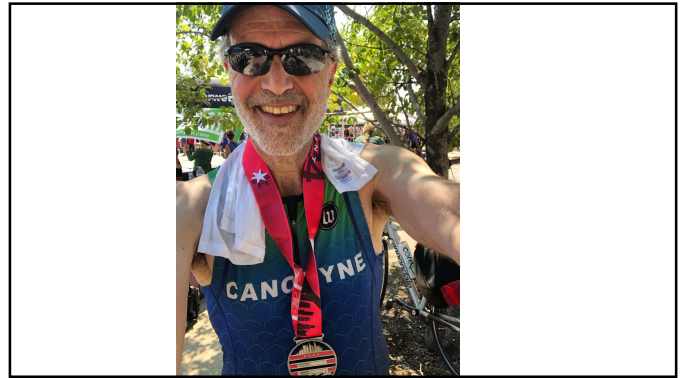
### ▸ Aging

- Decreased muscle mass
- Decreased bone integrity
- ⚖️ Decreased balance
- 🧘 Decreased flexibility

<https://themanualtouch.com/i-cant-do-what-i-did-10-years-ago/>



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### ▸ Will Therapy Help?

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



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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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### ▸ What's the #1 Mistake?

The biggest mistake people make with neck/arm pain:

*They Ignore It.*



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### Choices

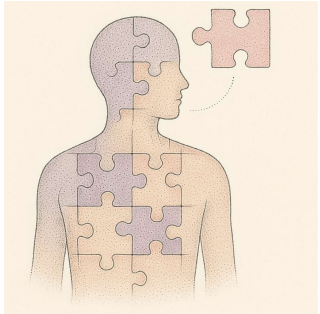
Ignore	Ignore it
Alter	Alter it - medications, injections, surgery
Handle	Handle it



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### Physical Therapy Evaluation


<https://themanualtouch.com/putting-the-pieces-of-your-puzzle-together/>



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### IMPORTANT


*Diagnosis dictates the exercise program*



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### Physical Therapy


- Manual (hands on) therapy:** balance joints, reduce soft tissue restrictions, non-traditional and traditional
- Education:** posture, function, movement, ADLs
- Exercises:** Strengthening, mobility and stability exercises for your core, hips, feet
- Neuromuscular Reeducation:** feet/core, whole body integration




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### Other Causes

If you have pain that travels from the shoulder into the arm, forearm or hand, this could also be a problem in your **neck** Or when people have a strained intercostal muscle.  
<https://themanualtouch.com/rib-cage-pain-why-medical-imaging-provides-no-answers/>




Chris H



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### Lynne

- 78 years old
- Neck pain for many months
- Had chiropractic and massage for 4 months - no change
- MRI of neck - insignificant
- After 2 PT sessions neck pain reduced and then it became apparent that she had rotator cuff tendonitis/tear



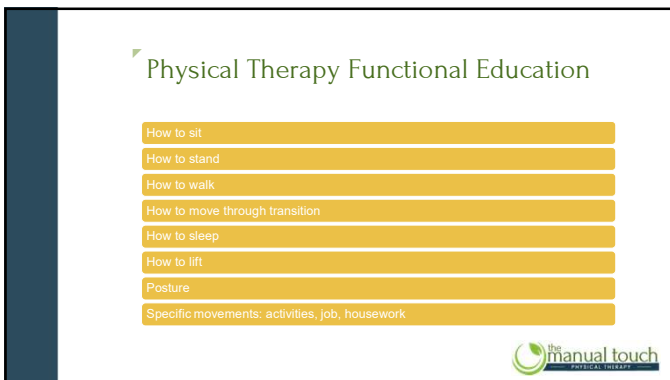
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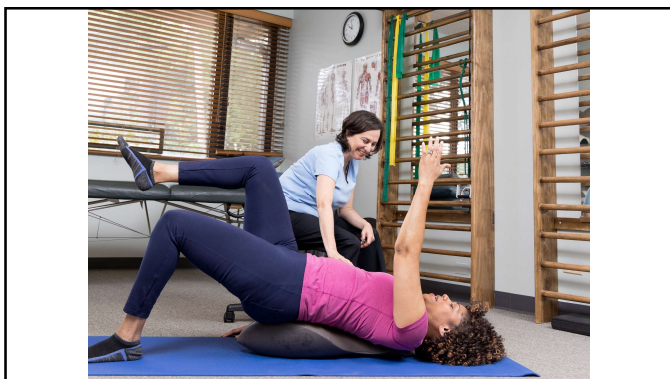
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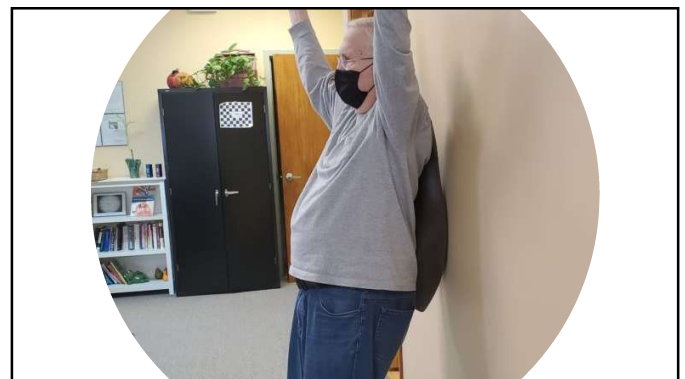
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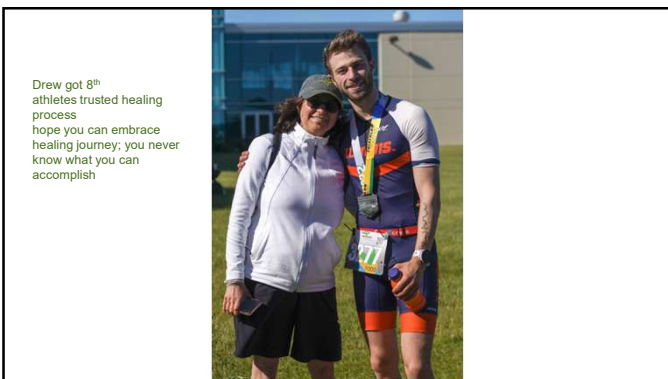
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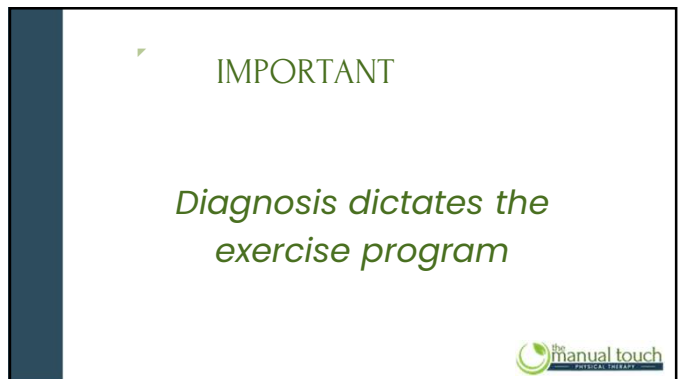
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## Tips

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!!!!



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## What you can do Now

Get up every 60 to 90 minutes - set an alarm

Walk 5 minutes around the house      walk sideways everytime you move to a new room

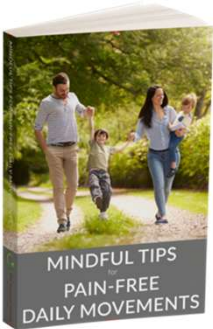
Mindful of posture and movement throughout the day – eBook  
<https://themanualtouch.com/mindful-tips/>

**\*\*email me: Denise@themanualtouch.com\*\***




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## Tips for Mindful Daily Movement


Get my eBook at [TheManualTouch.com](http://TheManualTouch.com)



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<https://themanualtouch.com/understanding-the-4-common-causes-of-neck-pain/>




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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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## Call for a Free 20-25 minute Consult

Phone call

Discuss your current issues

Recommendations

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



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**Thank You!**

*Email: [Denise@TheManualTouch.com](mailto:Denise@TheManualTouch.com)*  
*Call: 847-541-7400*  
*Visit: [www.TheManualTouch.com](http://www.TheManualTouch.com)*

