



For Immediate Release

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Physical Therapy is the Treatment of Choice for Neck and Back Pain

(Bend, Oregon, February, 27, 2018) It is difficult to appreciate how significantly the neck impacts our ability to do things until faced with an injury that limits its mobility.

That is precisely what happened to Mary Davis of Bend, OR, after a severe car accident left her with 75% limited neck mobility, as well as shoulder and hand pain.

“Because of the pain and limited mobility, I was unable to do a lot of the things I normally did around the house,” said Mrs. Davis. “My sister had to help me do things because I couldn’t lift anything,” she added.

Prevalence in the U.S.

Neck and back pain is pervasive in the United States and can account for 10-20% of adults at any point in time. Neck pain, in particular, is one of the most [prevalent musculoskeletal conditions](#) in the world and considered to be a problem that compounds if left untreated.

It is [estimated](#) that 90 percent of all people will experience neck pain at some point in their life. In addition to being incredibly debilitating, neck dysfunction can lead to headaches, numbness and muscle weakness.

Opioid and Surgery Prevention

In a world where opioids are readily available and highly prescribed, and spinal surgery rates are growing at an alarming rate, physical therapy is the treatment of choice for neck and back pain. Unlike other therapies that address the symptoms, physical therapy gets to the root of the problem and focuses on the structures that support the neck, including the muscles, tendons, and ligaments. It also can prevent the need for surgery.

To get to the root of Mary’s pain, Dr. Carrie Day of High Lakes Healthcare referred her to [Glenn Maclean-Talbot, PT, DPT](#) of [Step & Spine Physical Therapy](#).

“Mary came in with severely limited mobility and was in a lot of pain,” said Maclean-Talbot. “We began her treatment with hands-on manual therapy to improve mobility without causing pain,” added Maclean-Talbot.



Manual Therapy for Pain Relief

Neck stiffness, or catching, is a common problem in cervical injuries. A physical therapist can help patients with neck pain by unlocking neck stiffness through manual therapy. Once the pain is reduced, the patient will begin specific exercises to prevent the pain from returning.

“Once we were able to improve flexibility and joint mobilization, we moved to improving neck function by strengthening the surrounding tissue,” said Maclean-Talbot.

Contrary to what many think, neck pain is often derived from the mid-back or other surrounding areas. The neck then tries to compensate for these altered mechanics, which can lead to stiffness and reduced mobility. Physical therapy addresses this by improving strength and mobility, which helps reduce neck strain. Physical therapy also provides detailed education on proper posture and ergonomics to help preserve the spine and prevent future recurrences.

“Once my pain was reduced, Glenn gave me home exercises that were very easy to do,” said Mrs. Davis. “I still do my exercises because they make me feel better,” added Mrs. Davis.

Mary’s story has a happy ending. Eventually, with the proper treatment and home exercise regimen, she made a full recovery. Mary regained full mobility and function of her neck and is now pain-free.

About Step & Spine Physical Therapy

For over eight years, Step & Spine Physical Therapy has been helping Central Oregonians live more active lives by creating individualized therapeutic plans and by providing education that empowers patients to achieve long-term positive results. The programs offered at Step & Spine Physical Therapy accomplish this through appropriate direction and treatment via mechanical diagnosis and therapy of the spine and extremities. With three Central Oregon locations in Bend, Redmond, and Sisters, Step & Spine Physical Therapy is here for you, regardless of where you live, work, or play.

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