



**SAY GOODBYE TO THE
PAINS IN YOUR NECK
WITH PHYSICAL THERAPY**

Relieve Your Pain

*For A More Comfortable
Holiday Season!*

Exercise Essentials

*Try These Exercises To
Relieve Neck Pain*

Try This Recipe!

*No-Bake Chocolate
Peppermint Balls*



SAY GOODBYE TO THE PAINS IN YOUR NECK WITH PHYSICAL THERAPY

RELIEVE YOUR NECK PAIN FOR A COMFORTABLE HOLIDAY SEASON!

Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in the quality of life, energy, and overall wellbeing. Fortunately, physical therapy can help resolve all the pains in your neck. Contact Iberia Rehab today to schedule your consultation.

WHY DOES NECK PAIN OCCUR?

The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.
- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull.

This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our neck.

HOW PHYSICAL THERAPY RELIEVES NECK PAIN

Stress and poor posture can cause muscle weakness in the neck and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.

RELIEVE YOUR NECK PAIN WITH IBERIA REHAB:

Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation.

Physical therapy can help significantly reduce your neck pain by implementing the following benefits:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.
- Educating patients on eating well, by reducing the consumption of processed foods that increase inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help.

Contact us today to schedule an appointment. At Iberia Rehab, we are dedicated to providing you with the tools you need for recovery and relief!

NEED TO RELIEVE NECK PAIN?

TRY THESE EXERCISES AT HOME!



CHIN TUCK SUPINE

While lying down on your back with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.



DIAPHRAGMATIC BREATHING

While lying down on your back, place one hand on your breast bone and one hand on your abdomen near your navel. Slowly take a deep breath in and focus on trying to get your hand on your navel to rise while the hand on your breast bone remains still.

ARE YOU READY FOR A PAIN-FREE LIFE? CALL 337.367.3331 TO SCHEDULE YOUR APPOINTMENT TODAY!



TRY THIS RECIPE!

NO-BAKE CHOCOLATE PEPPERMINT BALLS

INGREDIENTS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use sunbutter for nut free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tsp crushed candy canes
- 2-4 tbsp dairy free chocolate chips (optional)

DIRECTIONS

Put everything except the candy cane or cacao nibs, chocolate chips and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

Source: <https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>

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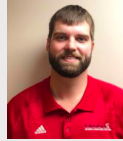


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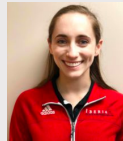
MEET YOUR RECOVERY TEAM!



Keith Dalton is a physical therapist who works with orthopedic deficits to return back to their daily lives without pain or limitation. He has worked with patients from all walks of life including college and professional athletes. He has training in dry needling, myofascial release, applied functional science and dynamic taping.



JASON KEIGLEY is a physical therapist who works with various orthopedic, neurological, and vestibular pathologies by improving patient's functional deficits. Jason got his certification in Functional Dry Needling from Kinatcore and certification in Applied Functional Science from the Gray Institute.



ALEX DARBY graduated with her Doctorate of Physical Therapy in May of 2018. She is very passionate about exercise and enjoy doing CrossFit, and is excited to work with residents of her hometown of New Iberia.



MATT LOPEZ is a physical therapist that specializes in outpatient orthopedic rehabilitation. He has spent the last 7 years working at Iberia Sports and Rehabilitation treating all types of injuries including joint replacements, sports and work injuries, as well as, chronic pain patients.

Learn more about our staff and how they can help you by visiting our website at isrehab.com!

STAYING PHYSICALLY FIT DURING THE HOLIDAYS

- 1. KEEP MOVING.** In addition to staying active, try to avoid sitting for prolonged periods of time. Remember: Too much sitting is hazardous to your health. Research shows that getting up for just five minutes every 30 to 60 minutes and performing light activity (say, pacing around the house or performing simple squat exercises) reduces the risk of diabetes and other heart disease risk factors.
- 2. BE CREATIVE AND GET RID OF 'ALL OR NOTHING' MINDSETS.** The holidays are hectic, but do your best to avoid the 'all or nothing' mentality when it comes to healthful eating and physical activity. In reality, there is more than just one way to live healthfully and be active. During the holidays, get a bit creative with exercise and opt for fun ways that make physical activity a family affair. From exploring new group fitness classes to building physical activity into holiday traditions. Think outside the box when it comes to ways to have quality time with family and friends while also prioritizing your health.
- 3. PLAN – AND REMEMBER THERE IS ALWAYS TIME AND OPPORTUNITY FOR A WORKOUT.** Plan your workouts for the week and note them in your schedule to assure they are a part of your day. Also, remember that some exercise is better than none. Rather than skipping the gym altogether, make time for a quick workout.

From now until New Year's Day, your schedule will likely be filled with family obligations, traveling and festive outings with all sorts of tempting treats. Even the most disciplined people can find it difficult to stick to their health and fitness routines. However, with these tips, you will be able to manage activity into your daily schedule with patience and time.