

NEWSLETTER

NOVEMBER 2023



SCHEDULE
YOUR
APPOINTMENT



FIND RELIEF FOR PERSISTENT NECK PAIN WITH PT!

INSIDE:

THE MOST
COMMON
CAUSES OF
NECK PAIN

3 FALL
NUTRITION TIPS

PATIENT
SUCCESS

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Kinect

PHYSIOTHERAPY

FIND RELIEF FOR PERSISTENT NECK PAIN WITH PT!

Have you noticed your neck seems more sore at the end of a long workday? Have you been in an accident and still have neck pain? If you are suffering from the debilitating effects of neck pain, you may benefit from an assessment by one of our physical therapists at Kinect Physiotherapy.

Approximately one-third of the population will experience neck pain in any given year, worsening if left untreated. In severe cases, they may even need surgery.

The neck is essential in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in your neck can cause various symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

The neck is an integral area of everyday movement and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. Call Kinect Physiotherapy today to get the relief you deserve.

THE MOST COMMON CAUSES OF NECK PAIN

The most common causes of neck pain are sprains and strains resulting from prolonged postures, repetitive movements, or some form of trauma (i.e., car accidents or sports injuries).

More severe impairments of the neck are often related to degenerative changes, disc pathology, or nerve injuries. Often it is a combination of multiple factors and injuries.

Poor postural habits like a forward head posture will place extra stress on the tissues and joints of the neck.

Trauma, including a fall or some impact like a sports collision or whiplash from a car accident, can lead to neck pain and loss of mobility.

Due to aging or previous injury, degenerative changes make us more susceptible to disc herniations, nerve irritation, and restrictions in the ability to move.

The key to treating neck pain is finding a solution. Our physical therapists are experts at identifying the cause of your pain, how to resolve it and how to prevent it from returning!

Continued inside.

INSIDE:

- The Most Common Causes Of Neck Pain
- 3 Fall Nutrition Tips
- Patient Success

SEASONAL RECIPE

EASY HOT APPLE CIDER



INGREDIENTS

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar

DIRECTIONS

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.

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Continued from outside.

HOW DOES PHYSICAL THERAPY HELP WITH NECK PAIN?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. Our therapists emphasize education and instruction on effective exercises and proper posture.

Our main goals are to:

- Reduce pain and improve motion with manual therapy techniques
- Improve mobility through postural education and targeted movements/stretchers
- Improve strength to help you return to normal functioning in daily activities
- Educate you on strategies and techniques to minimize the risk of recurring pain
- Minimize and/or eliminate the use of medication or surgery

Your therapist will perform a thorough assessment to identify the source of your problem and the solutions that work most effectively. We will then use the information obtained from this assessment to recommend specific neck exercises and advice on which postures are beneficial and which ones to avoid for long-term success

WHAT TO EXPECT DURING YOUR PHYSICAL THERAPY VISITS

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that your neck pain may cause. They will then design a treatment plan based on your individual needs. Our primary focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

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

- Manual therapy treatments which consist of special techniques designed to reduce the stiffness in the neck and improve the range of motion.
- Targeted exercises focusing on restoring your neck joint mobility and strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving your posture when sitting and standing.
- Improving the coordination of your neck muscles.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation. Our team of therapists is dedicated to finding solutions that work!

CONTACT KINECT PHYSIOTHERAPY FOR NECK PAIN RELIEF!

If you have been suffering from neck pain, don't hesitate to contact Kinect Physiotherapy today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs.

3 FALL NUTRITION TIPS

1. Try to eat more root vegetables

The majority of root vegetables are available all year, but they are most ripe from fall to spring. During the cooler months, garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients.

Many root vegetables are high in folate, which is essential for cell growth and metabolism!

2. Make a hearty soup

Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time.

When it comes to recipes to try, your options are virtually endless. There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with temperatures dropping, what tastes better than a warm stew?

3. Select leaner sources of protein

Did you know that regularly eating red meat and processed meat can raise the risk of type 2 diabetes, coronary heart disease, stroke and certain cancers?

So, instead of opting for red meat, select leaner sources of protein for your meals and recipes. This can include chicken, turkey, beans, lentils, low fat yogurt, fish, tofu, and nuts.

If you think you need a little more help developing a healthy diet this fall, contact Kinect Physiotherapy today. We can help you develop an exercise and nutrition plan that works for your needs.



*Schedule Your
Appointment Today!*

VISIT **KINECTPTNC.COM** FOR MORE INFO



STAFF SPOTLIGHT



Jasen Brisson

Co-owner/PT

Jasen graduated from Nazareth College in Rochester, NY with a Masters in Physical Therapy. He has been working as a PT since 2006. Jasen began his career working in an Outpatient Hospital based system before moving to Raleigh.

Jasen has a variety of work experience including acute care, inpatient rehabilitation, and outpatient rehabilitation. He has spent the majority of his time in the outpatient rehabilitation setting, with a primary focus on orthopedic conditions, sports-related injuries, and neurological conditions.

In his spare time, he enjoys spending time with his family, playing soccer, mountain biking, and hiking.

Refer A Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



PATIENT SUCCESS

"I would refer family and friends to Kinect Physiotherapy without hesitation!"

My family has used Kinect Physiotherapy for years and we are very pleased with their services! Recently I had a total shoulder replacement and my PT was with Jasen for the entire recovery. He was great, his knowledge and patience during my recovery could only be rated as Excellent. It was a long recovery and I am doing much better. The staff was completely professional and extremely friendly. Even other patients were friendly. It was a pleasant experience. I would refer family and friends to Kinect Physiotherapy without hesitation!

-Robert D.

COME BACK TO PHYSIO

WHY YOU NEED TO COME BACK IN FOR A TUNE UP:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active healthy lifestyle



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

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