

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

IS YOUR NECK PAIN INTERFERING WITH YOUR LIFE?

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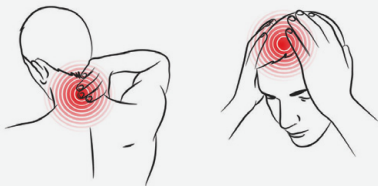
Is Your Neck Pain Interfering With Your Life?

Do you notice yourself rubbing your neck after a difficult day on the job? Do you find the more your neck hurts, the more your head hurts too? Dealing with pain in your head and/or neck can negatively affect your personal life, your career, and more. At Idaho Spine & Sports Physical Therapy, we understand how debilitating it can be, and we know how to help you manage your pain and get back to the life you enjoy!

The most common cause of neck or head pain is a muscle or joint problem. Working with a physical therapist can help you identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without using medication or other long-term pain management treatments.

Unlike pain medications that become less helpful the longer they are used, our physical therapists provide long-term relief from pain. We will help correct your joint or muscle limitations with targeted therapies like specific stretches, manual techniques, muscle strengthening techniques, and guided instructions that target your limits.

Call Idaho Spine & Sports Physical Therapy today at (208) 939-0533 and schedule an appointment with our physical therapist. Find the relief you have been looking for!



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Understanding the Difference Between Head and Neck Pain

Not all neck or head pain is the same, so understanding the basics of what you're dealing with is the first step to achieving relief.

Head Pain

There are many different types of headaches that you may experience, and there are various causes for each of them.

For example, migraines can be caused by environmental factors, food allergies, or even stress. Some headaches can develop due to sinus pain and some headaches will develop when you are dehydrated.

These headaches require a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work.

One of the most common causes of headaches that are easily treatable with physical therapy is radiating headaches caused by stress in the joints and muscles of the neck. This type of pain radiates from the base of your skull into the top of the head. For some, the pain will radiate behind one eye. These types of headaches also often include stiffness in the upper back and are often one-sided.

Neck Pain

Pain that develops in the neck is typically due to a soft tissue sprain/strain or changes to the joint itself. The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments) or negative changes to our blood flow—the muscles of our neck function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck.

As we age, the neck joints, like all joints, will degenerate and make us more vulnerable to different forms of neck pain. Degenerative changes make us more susceptible to disc herniations, narrowing the space around the nerve root and significant restrictions in the ability to move.

Cervical degeneration can cause tension and pain in the neck and shoulders. This pain is generally worse in the morning, after being prolonged, and often at the end of the day. The biggest problem posed by cervical degeneration is the loss of motion in the neck, which increases the limitations in your daily life because you cannot utilize your neck in the way you usually could.

How Physical Therapy Can Help



The majority of head and neck pain can be treated with physical therapy. Working with a physical therapist is safe to ensure that you are practicing positive techniques to find relief from your aches and pains.

At Idaho Spine & Sports Physical Therapy, our physical therapists can target the source of your pain by examining your symptoms. Then, they will provide you with exercises that stretch and/or relax your neck muscles. In some cases, manual techniques, including mobilizations or therapeutic massage, are used to alleviate your pain and allow you to tolerate stretching.

We know how to help your head and neck pain and can teach you so you can get back to the life you enjoy!

Contact Us For An Appointment

If you're struggling with recurring headaches and neck pain, call Idaho Spine & Sports Physical Therapy today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!

Sources
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3394516/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3231063/>

Call Idaho Spine & Sports Physical Therapy today at (208) 939-0533.

Exercise of the Month

Cervical Retraction and Extension With Towel

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



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Don't Let Your Insurance Benefits Go To Waste!

If you've met your insurance deductible for 2023, your physical therapy costs could be free!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2024, before your deductible renews again!

I don't understand these terms... what do they mean?

Insurance terminology can be confusing. There have been several instances where our patients don't understand their benefits because they simply don't know what to ask their insurance providers. Below we've provided some definitions for some common terms that you can discuss with your insurance provider prior to scheduling an appointment:

1. What is a copay?

A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay prior to receiving a medical service. The amount of each patient's copay is defined by their insurance company, and may vary depending on what plan you have. In some cases, copays may even be waived altogether by your insurance provider. To find out what your copay may be for physical therapy services, contact your insurance provider. We will also discuss copays with you before your first appointment.

2. What is a deductible?

A deductible is a fixed amount of money that an insured patient must pay out of pocket, before the insurance company will pay any medical expenses. Much like a copay, your deductible amount will be dependent upon your insurance company, as not all insurance providers follow the same guidelines. Your insurance company will be able to tell you exactly how much your deductible is. We will also discuss deductibles with you at your first appointment, to outline how much you may have to pay before your insurance provider picks up the cost.

3. What is coinsurance?

Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a common coinsurance, in which the insurance company will pay 80% of a medical cost and the patient will pay the remaining 20%. Again, each insurance company will have a different coinsurance policy, so it is important to discuss this with them beforehand to figure out what percentage of costs you will have to pay. We will also discuss this with you at your first appointment to figure out how your percentage will play into the costs of our services.



Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Phone Number

(208) 939-0533

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(208) 939-3341

Clinic Hours

Monday - Friday | 7AM - 7PM

