

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

LOOK UP! DISCOVER RELIEF FOR YOUR NECK PAIN

ALSO INSIDE THE MOST COMMON CAUSES OF NECK PAIN
HEALTHY RECIPE • PATIENT TESTIMONIAL

N E W S L E T T E R

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



LOOK UP! DISCOVER RELIEF FOR YOUR NECK PAIN

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 Doctors of Physical Therapy at Atlanta Human Performance Center.

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 Atlanta Human Performance Center 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 Doctors of Physical Therapy are experts at identifying the cause of your pain, how to resolve it and how to prevent it from returning!

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 Doctors of Physical Therapy 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 Doctor of Physical Therapy will perform a thorough assessment

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit www.ahpcpt.com.

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

FIND THE RELIEF THAT YOU DESERVE!



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 AT YOUR PHYSICAL THERAPY VISITS

At your initial evaluation, one of our licensed Doctors of Physical Therapy 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 Doctors of Physical Therapy, such as ice and heat therapies, ultrasound, or electrical stimulation. Our team of Doctors of Physical Therapy is dedicated to finding solutions that work!

CONTACT ATLANTA HUMAN PERFORMANCE CENTER FOR NECK PAIN RELIEF!

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



Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

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

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



PEANUT BUTTER OAT BALLS

- 1 cup quick oats
- 1/2 cup peanut butter
- 1 Tbsp. ground flax seed
- 2 Tbsp. wheat germ
- 1/3 cup honey
- 1/2 cup mini baking M&M's or mini chocolate chips

Mix all the ingredients together either in a mixing bowl with a spoon or a Kitchen-Aid mixer with paddle attachment. Place mixture in refrigerator for about 15 minutes, or until chilled enough to roll into balls without being too sticky.

When chilled and not as sticky, roll into balls and place on a piece of parchment paper on a plate and place in refrigerator, until set.

You can now place balls in an airtight container in the refrigerator and eat at your leisure. Enjoy!

3 TIPS FOR BETTER POSTURE

Have you been experiencing back pain that just won't quit? The problem could be that you have poor posture. At Atlanta Human Performance Center, our Doctors of Physical Therapy can help determine if your posture is the problem and how to restore it for a healthy spine.

Your body was made to move, especially your spine. It is typical for areas of your spine to tighten up, placing too much strain on other sites. When this happens, those areas can become irritated and painful. You may also notice yourself slouching or appearing "stooped over" in the mirror.

The good news is that there are several ways to improve your posture. Here are a few tips!

- 1. Take breaks to get up and move.** Prolonged sitting is the position that puts significant pressure on the lower back. It is essential to break up your sitting time throughout the day and take frequent breaks. Schedule standing or walking activities at various times throughout the day to ensure you limit your sitting to about 45-60 minutes.
- 2. Maintain a healthy weight.** Extra weight can wreak havoc on your abdominal muscles, cause issues for your pelvis and spine, and create low back pain. All these can affect your posture, so it's important to keep your weight in a healthy range.
- 3. Make your workspace more ergonomic.** Whether you're sitting in front of a computer, cooking dinner, or enjoying a meal, make sure your work surfaces are at a comfortable height for you.

Your body is designed to align perfectly to allow proper movement, breathing, and blood circulation. Learning to find your ideal posture is key to moving and feeling better.

Poor posture isn't anything to be embarrassed about - very few people have perfect posture, and most people partake in lousy posture habits in one way or another!



PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT, CEO/Director of Atlanta Human Performance Center

Six Tips to Help You Avoid Neck Pain

1. Avoid prolonged static positioning, such as watching television on the computer, iPad, or playing video games
2. Make ergonomic changes, such as raising your computer monitor to a proper level. Use your phone hands-free, wear a headset, and prop your iPad or tablet up to a 45° angle when using it
3. Don't use too many pillows when sleeping or resting
4. Wear eyeglasses and make sure your prescription is up-to-date to avoid looking over your glasses or raising your head to look through the corrective lens for reading
5. Get plenty of rest, your muscles need rest in order to keep from going into spasms
6. Make good choices when lifting objects. Never lift too heavy and never lift even lightweight - repetitively



OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

HAS YOUR PAIN COME BACK?

- 1** Feel free to call us and ask to speak to your therapist.
- 2** Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3** If further assessment is warranted, your therapist might recommend you come in for an appointment.

OUR PATIENTS LOVE US!

"Coming to the center for therapy, has provided me with the activities that I need to recuperate after my surgery. Not only has it helped me physically but the professional courteous attitude of the staff has made me feel comfortable and made me continue to come. When I am finished on this side I'll join the other side and continue to be apart of their program. Thank you to everyone."

5-Star Google Review



Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



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