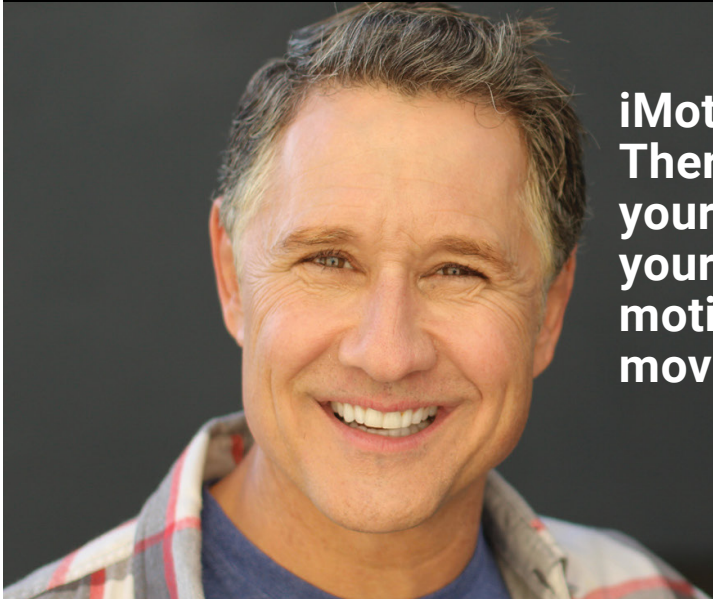


The Newsletter About Your Health And Caring For Your Body



iMotion Physical Therapy can relieve your pain, increase your range of motion, and get you moving again!

“I decided it was time to get relief and better motion for my aching neck.”

Do you find your neck aching at the end of the day or stiff in the morning? Do you have headaches more than once a week? You are not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Over 15% of those, suffer from chronic neck pain and 27% with back 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 quality of life, energy, and well being. However, it doesn't have to be this way and dependency on medication is not the answer. Discovering and treating the root cause of your pain is the answer.

Our team of specialists can treat the mechanical cause of your pain.

The neck is an incredible part of your body with 7 vertebrae (bones), over 16 joints and many muscles in the front and back of your neck. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This is where many of the larger muscles that support the head attach to support your head and neck. It is also where the vertebral and carotid arteries travel through your neck, entering your skull to supply your brain. Needless to say, this is a very tightly packed area and muscle tension can affect blood flow to the scalp, causing headaches. The experts at iMotion Physical Therapy can help you relieve neck pain and feel better again.

“Do You Want To Have Relief for Your Aching Neck?”

What can be done?

Neck pain is most often relieved, by simply restoring the proper movement and mechanics of the neck. Think of your neck much like the machinery in a car. Keeping it well maintained and in good alignment, will allow it to perform well.

Here are the key areas you need to focus on to reduce your neck pain:

- **Have good posture** with sitting and standing.
- **Restore your flexibility** to the neck muscles and joints.
- **Strengthen your mid-back muscles** and shoulders to support your neck.
- **Improve coordination** of your neck muscles.
- **Eat well**, reducing consumption of processed foods and food that increases inflammation in your body.
- **Seek professional help for aches and pains** lasting more than 3 days. At iMotion Physical Therapy we are muscle and skeletal specialists who analyze your posture and movement, then help you restore posture, flexibility and strength.

iMotion Physical Therapy relieves neck pain

Many people have discovered the benefits of seeing the experts at iMotion Physical Therapy first when they have aches and pains. Our medical professionals are experts in analyzing your posture and movement, spotting your true trouble source. From there, our training allows us to create a proper treatment plan that will quickly relieve your pain, improve your posture, mobility, strength and coordination. We even teach you how to maintain your improvements with specific gentle exercises. Think of us as the mechanics for your body. Come in for a regular tune up and your neck and back will be as good as new.

To learn more about how our SPINE Program can help you eliminate your neck pain, call us today.

Relief and Better Motion

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Neck pain is one of the most common reasons for missed work. You are not alone. Now is the time to take the steps to keep your neck pain under control before it gets worse.

Patient Spotlight

I can climb stairs again!

Success Story: -Kimi R.

“Before coming to iMotion I couldn’t stand for long periods of time, could not walk stairs, and could not straighten my leg. After iMotion Physical Therapy, I can now stand longer, and have little pain. I am also now able to climb stairs.”

CALL FOR AN APPOINTMENT TODAY!

Fremont: 510-745-7700

Los Gatos: 408-637-4777

www.imotionpt.com

Why Choose iMotion Physical Therapy?

- Expertly trained therapists
- Focused on achieving fast results
- We take the time to listen to you
- We spend time educating you on your problem and how to solve it
- Friendly, courteous staff
- On time appointments
- Doctor recommended

Exercise Essentials

Try this simple exercise to keep you moving...

The exercise below is designed to be performed under the instruction of a licensed physical therapist.

HELPS WITH NECK MOBILITY

SCALENE STRETCH

Sit with good posture. Hold the front of your neck with your hand. Look up into the corner away from your hand. You should feel a stretch in the front part of your neck. Repeat 6 times.



Exercises copyright of



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Give The Gift of Health



If you know someone suffering with aches and pains give the gift of health. Refer them to iMotion Physical Therapy today. Pass along this newsletter or have them call us directly for a Free Back Pain Relief Consultation.

Do You Have Friends or Family Unable to Do The Following?

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



**REFERRAL
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Pratik Shah, PT



Sweetie Shah, PT

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- Friendly, courteous staff
- On time appointments
- Doctor recommended
- Experts in neck, back & orthopedic care

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