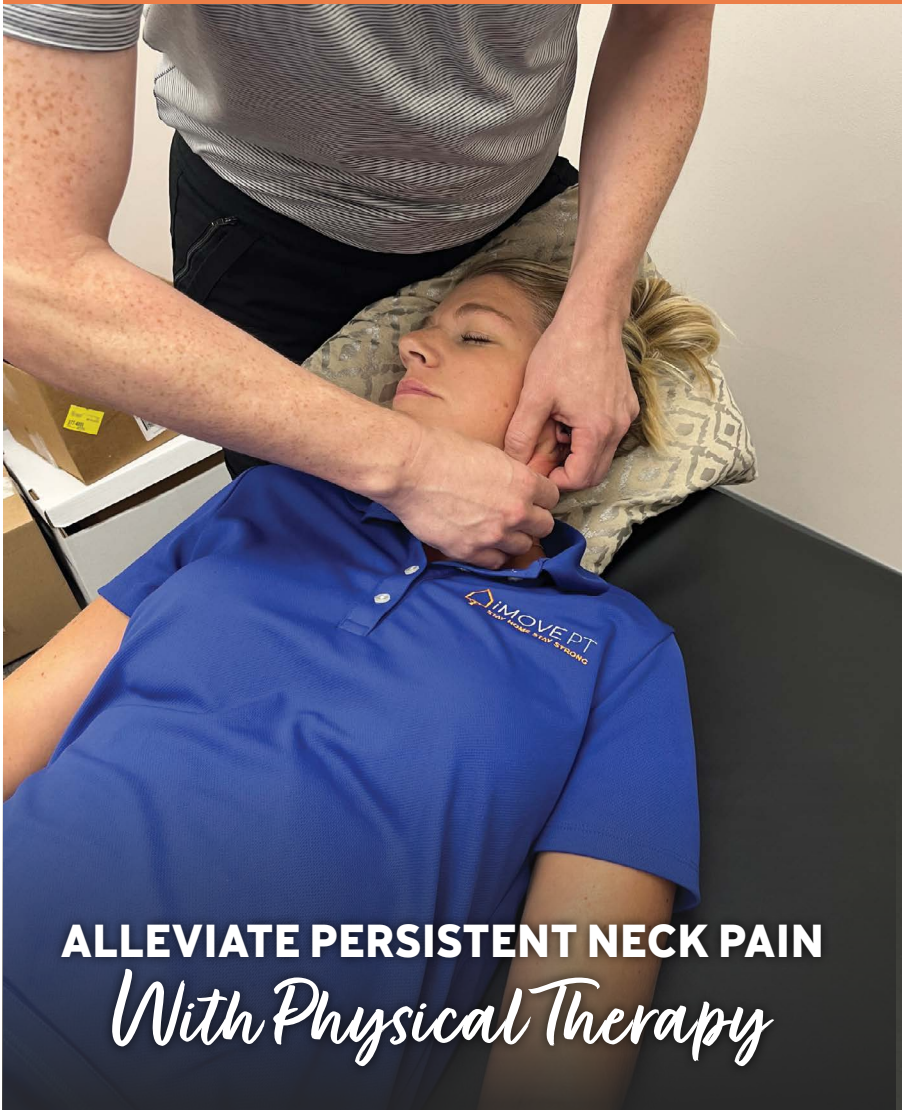




iMOVEPT®
imovephysicaltherapy.com

WELLNESS NEWSLETTER



ALLEVIATE PERSISTENT NECK PAIN
With Physical Therapy



LEARN MORE AT [IMOVEPHYSICALTHERAPY.COM](https://www.imovephysicaltherapy.com)



ALLEVIATE PERSISTENT NECK PAIN

Have you ever had one of those days at work or school when your neck just won't stop bothering you? Or maybe turning your head to check for cars is difficult or painful. Neck pain can really impact your day and make life less enjoyable. Good news! At iMove PT, we've got a team that knows just how to help you feel better and give you tips to keep the pain away.

Most of the time, neck pain happens because there's something wrong with a muscle or joint. Figuring out what the real source is can be difficult, but with the help of our experienced therapists, you can get to the root of your problems, and more importantly get the solutions you're looking for.

Our therapists will use treatments like specific stretches, hands-on techniques, and strength exercises that are tailored for immediate and lasting relief. Our ultimate goal? To help you return to a life you can enjoy to the fullest.

Take action today! Request an appointment and set the wheels in motion for the lasting relief you deserve.

Source of Neck Pain: Causes and Symptoms

Neck pain is a multifaceted condition, and its origins can vary widely from person to person. Whether your discomfort starts from an unfortunate car accident or something that seems insignificant, like maintaining an improper posture while working at your desk, our team can help.

What may appear to be a minor issue, such as a recurring crick in your neck, could potentially develop into a chronic issue that disrupts your daily life.

For some individuals, the issue lies deeper within the structure of the spine (for example, changes to the discs, the cushions between vertebrae). Disc degeneration can lead to pain and difficulty moving the neck. Whereas problems such as bulging or herniated discs can be particularly painful and can even lead to nerve compression. This often results in additional symptoms such as sharp, radiating pain or numbness extending into the shoulders or arms.

Luckily, our physical therapists are skilled at identifying these contributing factors and formulating an effective treatment plan tailored to alleviate your specific symptoms.

Learn more at imovephysicaltherapy.com

**CALL TODAY TO GET
STARTED!**

ST. LOUIS, MO (CLINIC):
636.590.6827

ST. LOUIS, MO (MOBILE):
636.728.9046

MID COUNTY ST. LOUIS:
314.377.7986

METRO EAST, IL:
618.738.0397

KANSAS CITY, MO:
816.207.3637

TULSA, OK:
573.206.8614

JOPLIN, MO:
417.695.5367

PHYSICAL THERAPY: YOUR PATHWAY TO RELIEF

We'll start with a comprehensive evaluation, including gathering as much information about your health, previous history of neck pain, and information about your most recent episode. Next, we'll conduct a physical examination, including a hands-on assessment of your neck and upper back muscles. We'll assess your posture and movement patterns to identify any restrictions or limitations contributing to your pain.

Our treatment programs are built on several key elements, all aimed at facilitating the health of your neck:

- **Posture Correction:** Poor posture is a significant contributor to neck pain. Working with you, our therapists will guide you through the steps to correct your posture, effectively alleviating muscle strain on your neck and shoulders.
- **Hands-on Therapy and Custom Exercises:** Our expert therapists use specialized manual treatments to free up restrictions and alleviate tension in soft tissues. We'll also develop personalized exercise routines aimed at targeting the source of your pain to improve mobility and strength.
- **Ergonomic Evaluation:** Our therapists will provide practical recommendations for your work and home environments that can help minimize any physical strain on your neck and shoulders. We will also introduce you to stress-minimizing methods that can be seamlessly integrated into your work life.

We are committed to working closely with you to craft effective, proactive programs to restore mobility and contribute to overall well-being.

Ready to Take the First Step Toward a Pain-Free Neck?

Don't let neck pain hold you back any longer. At iMove PT, our team of experts is here to give you the personalized help you need to feel better and stay that way. Let's work together to create a plan that fits you perfectly.

Contact us today to schedule your appointment with our amazing physical therapists and start your journey to a more comfortable, pain-free life!

Sources: <https://www.jospt.org/doi/10.2519/jospt.2017.0302> & <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>



Introducing The Neubie

On March 19th, Dr. Joda (PT) and Patsy (PTA), hosted a presentation for the community at the new iMove PT outpatient clinic in Chesterfield, MO. Participants of the community presentation were introduced to the Neubie, a significant electrical stimulation technology advancement. The Neubie has many uses, including pain relief and decreased neuropathy. Some participants decided to try the Neubie and noticed results within a few visits. With the use of Direct Current electrical stimulation, many patients have seen increased strength, balance, and less pain when traditional physical therapy alone didn't work in the past.

Our outpatient clinic provides 1 on 1 care with 1 hour sessions to every patient. Treatments include manual therapy, dry needling, creative exercise intervention, and Neubie electrical stimulation. Call us today at 636.590.6827 to get on your road to recovery!



IMOVEPHYSICALTHERAPY.COM



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imovephysicaltherapy.com



"He made me feel confident that I was going to be ok and get better."

"Couldn't be more satisfied with Dr. Craig Lee and the service I received. Had an injury to my leg and not only did Dr. Craig treat me and work with me, he made me feel confident that I was going to be ok and get better."

— M.B.

OUR MOBILE PHYSICAL THERAPY SERVICES

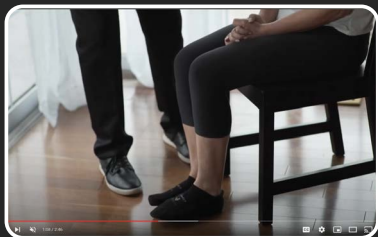
At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



Exercise Of The Month



Sitting Posture Correction

Watch this video from our YouTube page to improve your sitting posture. Scan the QR Code to watch now.



GET STARTED TODAY

We are here to help you.

Call the location closest to you to get on our schedule or learn more about our at home services today.

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