

2010



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# Neck Pain & Headache

## Meet Joan

Joan is a 47-year-old woman whose chief complaint is 3 weeks of central neck pain radiating to her right shoulder blade. She has had no trauma that might be the cause of her pain. As of today, Joan has:

- Constant pain associated with intermittent headache pain (frequency: daily; duration: 4 hrs)
- Initial neck pain rating = 6/10
- Limited right side bending and rotation
- Neck Disability Index score = 25%



*Joan's name has been changed to protect patient privacy.*

### Intervention:

After examination, Joan's provider prescribed impairment-based **manual physical therapy** and exercise for **6 visits over 3 weeks**.

### Result:

- Joan's neck and scapula pain is resolved (0/10) and she now has full range-of-motion.
- Headaches are resolving and are managed with stretching
- Her headache frequency is reduced to 2x per week, duration = 1hr.

At Texas Physical Therapy Specialists, we use an evidence-based approach to help people with neck pain and headache get back to where they once belonged.

Locations: New Braunfels, Selma, San Marcos (2 locations), Bulverde, Blossom Center, Balcones Woods, Bee Caves, Central Park, Pflugerville, Westgate.

Visit our website or call for more information. We welcome any questions you may have.

### What Works

- **Therapeutic exercise + manual therapy** is recommended by the Cochrane Collaboration as the most effective intervention for mechanical neck pain<sup>1</sup>
- **Therapeutic exercise + manual therapy** results in less pain and greater patient satisfaction for up to 2 years compared to usual care or exercise alone<sup>2</sup>

### What Doesn't Work

- **Medication** (Tylenol, ibuprofen, etc.) is only slightly better than a sugar pill (placebo)<sup>3</sup>
- **Waiting** to see if it gets better on its own.<sup>4</sup>
- **Massage or Physical modalities** such as heat, cold or ultrasound<sup>5</sup>
- **Exercise handouts** without physical therapist instruction and guidance<sup>6</sup>

## Learn How A Physical Therapist Can Help You

Your physical therapist is an expert in the non-surgical treatment of musculoskeletal conditions and can help you recover the use of joints and muscles through manual physical therapy, active supervised exercise, and education. The physical therapist will help reduce your pain, promote healing, and restore strength, function and movement so you can return to normal activity as quickly as possible!

**Don't settle for imitations!** Only a licensed physical therapist can provide effective physical therapy care. A physical therapist is a licensed healthcare professional who has successfully completed years of rigorous medical training and has been licensed by the state. Board-certified physical therapists are designated as Orthopedic Clinical

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## We Can Help Joan

**Painful neck disorders are common, disabling, and costly.**<sup>7-9</sup> Up to 70% of the population will be affected sometime in their lives.<sup>9</sup> Headaches, both chronic and occasional, are also common and costly,<sup>10</sup> and frequently are a concomitant complaint in patients with neck pain.<sup>11</sup>

**Usually no specific cause for neck pain can be identified.** It is therefore frequently referred to as “mechanical neck disorder” or MND.<sup>1</sup> X-rays and other imaging studies are typically not helpful as 14 – 28% of people *without* neck pain demonstrate a wide range of abnormalities.<sup>12</sup>

**A combination of manual physical therapy to the cervical and thoracic spine combined with exercise is *less costly* and *more beneficial*** than a wait-and-see approach, medication, a variety of exercise approaches, or modalities such as heat, cold or ultrasound for patients with neck pain and headache.<sup>1, 13, 14</sup>

**Fact:** 30% more patients will experience significant reductions in pain when treated with manual physical therapy and exercise. Ten-percent of patients with headache experience complete recovery<sup>4</sup> when compared to other approaches.<sup>1, 13</sup>



Joan's name has been changed to protect patient privacy.

**National Leaders**

Member of the EIM Clinical Education Network and Host site of EIM Orthopaedic Residency and Orthopaedic Manual Physical Therapy Fellowship programs



**Proven success**

Impressively low average of patient visits keep costs low and patients happy.

**Convincingly clear evidence:** a combination of manual physical therapy and exercise is the most effective approach for treating your neck pain and related headache.

**Cost effective:** manual physical therapy and exercise is *3x more cost effective* than primary care management alone or standard PT approaches!<sup>15</sup>

**We ensure your patients receive the highest level of care possible for your patients and unsurpassed customer service.**

## Rely On The Newest Research and Evidence

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