



# NEWSLETTER

## ALLEVIATE PERSISTENT NECK PAIN WITH PHYSICAL THERAPY



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 **Dresher Physical Therapy**, 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.



**TELL US ABOUT YOUR REHAB EXPERIENCE WITH DPT!**



**Help us help more people! Click here to leave your review today!**



# PHYSICAL THERAPY: YOUR PATHWAY TO RELIEF

CALL FORT WASHINGTON 215.461.3688 OR BLUE BELL 267.458.5063 TODAY!

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 **Dresher Physical Therapy**, 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/>



## SERVICE SPOTLIGHT: GRASTON TECHNIQUE

Dresher Physical Therapy now offers this innovative and proven approach to the treatment of "soft tissue" injuries — The Graston Technique. By utilizing one or more of six specially-designed stainless steel instruments, a physical therapist trained in The Graston Technique can more effectively detect and treat areas of scar tissue or adhesions in muscles, tendons, or ligaments that can cause pain and dysfunction. In the healing process from injury, our bodies ultimately repair muscles, tendons, and ligaments by laying down scar tissue, which is similar to the scar tissue that forms on the skin when you have scraped or banged it. However, scar tissue is not as strong or flexible as the normal, healthy, undamaged tissue. Over time, the scar tissue can excessively build up and become fibrous and knotted. This can lead to pain and dysfunction.

The Graston Technique instruments allow the physical therapist to better detect and treat these areas of scar tissue and adhesions. Unlike the pads of the fingers which compress tissue, the instruments separate the individual fibers of tissue and "comb" out the restrictions, which allows for deeper penetration in the tissue. The stainless steel actually amplifies what the hands can feel, just as a stethoscope amplifies what the ear can hear when listening to the heart and lungs. If you are curious about The Graston Technique, or still have lingering pain or discomfort from an injury, please do not hesitate to ask us if this technique is appropriate for you.







### FORT WASHINGTON

1075 Virginia Drive, STE 200,  
Ft. Washington, PA 19034

**P: 215.461.3688**

### BLUE BELL

790 Penllyn Blue Bell Pike,  
STE 101, Blue Bell, PA 19422

**P: 267.458.5063**

### DRESHER PT@HOME

**P: 267.227.1109**

**WWW.DRESHERPT.COM**



## BACK BY POPULAR DEMAND **BONUS LASER SALE!!!**

**3 PACK \$199... +1 BONUS TREATMENT FREE!**

**6 PACK \$299... +2 BONUS TREATMENTS FREE!**

**10 PACK \$399 ... +3 BONUS TREATMENTS FREE!**

**20 PACK \$699... +4 BONUS TREATMENTS FREE!**

**GET FREE BONUS LASER TREATMENTS  
WITH YOUR PURCHASE OF ANY LASER  
PACKAGE UNTIL MARCH 31<sup>ST</sup>!**

*The LightForce™ Therapy Laser is FDA cleared for  
the treatment of pain and inflammation and the  
temporary increase of microcirculation.*

**CLICK HERE TO LEARN MORE ABOUT LASER THERAPY**

*Call us to schedule your laser treatment today or  
to inquire about **A FREE LASER TRIAL** if you've  
never had one before! This offer expires 03/31/24.*

**FORT WASHINGTON P: 215.461.3688**

## **FIND OUT WHAT CLASS IV LASER THERAPY CAN DO FOR YOU!**

*Click the video below to learn more about our  
laser therapy services.*



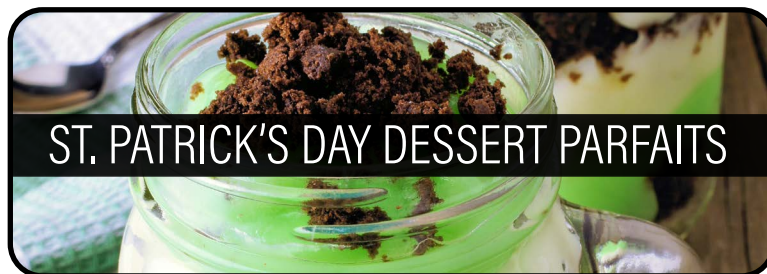
**CLICK HERE TO SCHEDULE YOUR  
APPOINTMENT TODAY!**

## **Melissa Banks, PT, Pelvic Health Specialist, Works Her Magic at the Blue Bell Office AGAIN!**

"I had hip pain during my first pregnancy so when it returned this pregnancy I decided to work with Melissa to keep it under control. We have focused on strengthening and stretching which has significantly reduced the pain and even made it non-existent when I stick to the exercises. This has allowed me to be so much more mobile and generally improved my overall well-being compared to my last pregnancy. Melissa is fun to work with and keeps things positive which motivates me to return each week and progress. I can't recommend Dresher PT and Melissa enough!" — **Laura H.**



**CALL TO SCHEDULE YOUR APPOINTMENT WITH  
MELISSA AT BLUE BELL: 267.458.5063.**



## **ST. PATRICK'S DAY DESSERT PARFAITS**

### **INGREDIENTS:**

- 1 (3.9oz.) box instant chocolate pudding
- 2 cups whole milk
- 1 (3.9oz.) box
- 2 cups heavy cream
- ½ tsp vanilla extract or mint, depending on your tastes
- 8 Oreo cookies
- 8 oz whipped topping, thawed
- Airheads Xtremes Rainbow Candy
- chocolate gold coins
- sprinkles
- oreo crumbs



**DIRECTIONS:** Add the chocolate pudding mix and milk to a medium mixing bowl and use a hand mixer or whisk to beat for 2 minutes. Place in the refrigerator for 5 minutes to set up. In a separate bowl, add the vanilla pudding mix and heavy cream and beat together at low speed. Then gradually increase speed and mix until the mixture is light and fluffy. Beat in the vanilla extract and green food coloring (to your desired color). Place a thin layer of the chocolate pudding into each of your 4 cups. Then layer on some of the green whipped pudding. Next, add a layer of crumbled oreo cookies. Then a layer of whipped topping. Repeat these layers once more, ending with the whipped topping. Decorate with a rainbow airhead cut in half and arched like a rainbow, a chocolate gold coin, sprinkles and oreo crumbs. Place them in the fridge until ready to serve.