



Website Update News!

We have added a new section to our website. We invite you to log on and see the Case Studies section. This section is helpful & very Informative. It will let you know why Physical Therapy may be right for you. Simply log on to:

www.commitmentpt.com

And be on your way to a healthier pain free you.

Our Location

Commitment Physical Therapy is located at 11741 Southwest Highway in Palos Heights.

Our Hours

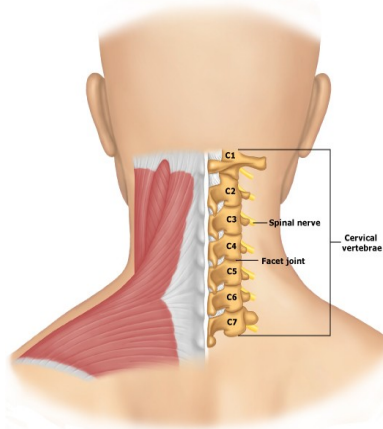
We are open Monday thru Friday from 9:00am until 5:00pm. For your convenience, we also offer extended and weekend hours by appointments only.

NECK PAIN Part 1

Neck pain can be caused by a number of factors, including muscle strain, ligament sprains, arthritis, or a "pinched" nerve. Approximately 10 percent of adults have neck pain at any one time. The majority of patients, regardless of the cause of pain, recover with conservative therapy. This topic review discusses the causes, evaluation, and available treatments for the most common types of neck pain.

NECK ANATOMY: The neck, or cervical spine, is formed by seven square-shaped bones (cervical vertebrae), which are stacked one on top of another. The vertebrae are named for their position in the neck, beginning at the top with C1, C2, down to C7. Together with the supporting ligaments and the overlying long neck muscles, the cervical vertebrae form a strong spinal canal that surrounds and protects the spinal cord. Between the neck bones are discs, which function as shock absorbers, cushioning one bone from another. Excessive pressure applied to the disc causes the inner gelatin-like material to protrude through its outer capsule; this is called a herniated disc. Other variations of disc injury include "bulging",

"protruding", or "rupture". Directly over the bones and the discs is a dense layer of taut ligaments. These thick tissues are attached directly



to the bones and function to limit the movement of one cervical vertebra against the other. Motor vehicle accidents and other severe blows to the head or body can cause injury to these ligaments. This whiplash movement of the neck can range in severity from minor bruising to complete tear and separation from the bone. After the small muscles between the vertebrae, the major muscles of the neck form the next protective layer. These muscles are responsible for holding the head up, maintaining normal posture, and supporting and moving the neck. Overuse and irritation of these muscles is called neck strain or neck tension.

CAUSES: There are several possible causes of neck pain, although it is often difficult to know with certainty what is causing pain. This is because the examination, and even imaging tests, is not able to easily differentiate among the various causes.

Cervical strain:

Cervical muscle strain can occur when there is an injury to the muscles of the neck, causing spasm of the cervical and upper back muscles. Cervical strain may result from the physical stresses of everyday life, including poor posture, muscle tension from psychologic stress or poor sleeping habits. Typically, symptoms include pain, stiffness, and tightness in the upper back or shoulder, which may last for up to six weeks.

Cervical spondylosis:

Cervical Spondylosis is a condition caused by abnormal wear and tear (called degenerative changes) of the soft tissues, discs, or vertebrae of the cervical spine. Wear-and-tear causes gradual narrowing of the disc space, a loss of the

Happy Mother's Day

**It's that time
of the year
again, when
we honor our
mothers.**

**Those that still
have their
mom's should
cherish them
and take care
of them.**

**Those of us
that no longer
have our
mother's with
us, always
remember the
good moments
we shared
with them and
hope that
wherever they
are they are
keeping a close
eye on us and
our loved
ones.**

**So, on Sunday
May 10th let's
enjoy the time
we have with
them!**



Continued: NECK PAIN

normal square-shaped bone, and growth of the edges of the bone (bone spurs). These spurs can increase pressure on the surrounding tissues. Up to 90 percent of pinched nerves in the neck are caused by bone spurs. Some degree of wear and tear is normal with aging, although severe degenerative changes are not normal. Symptoms of cervical Spondylosis can include neck pain or weakness, numbness or abnormal sensations of the arms or shoulders, headaches, or limited ability to move the neck.

Cervical discogenic pain: Cervical discogenic pain may be the most common cause of neck pain. It is caused by changes in the structure of one or more of the cervical intervertebral discs. Common symptoms of discogenic pain include pain in the neck when turning or tilting the head. Pain may be worsened when the neck is held in one position for prolonged periods, such as occurs with driving, reading, or working at a computer.

There is often associated muscle tightness and spasms. Discogenic pain can also refer pain or odd sensations into the arm or shoulder.

Cervical facet syndrome: The facet joint, which is located on the left and right side of the vertebrae, is the most commonly affected area in whiplash-related neck pain and headaches. Another potential cause of cervical facet syndrome includes a job that requires a person to repeatedly extend the neck (tilt the head backwards). Symptoms of cervical facet syndrome include pain in the middle or side of the neck; some people also notice pain in the shoulders, around the shoulder blades, at the base of the head, or in one arm.

Whiplash injury: The cervical whiplash syndrome is caused by a traumatic event that causes an abrupt forward/backward movement of the cervical spine. The most common cause of whiplash is a motor vehicle accident. Symptoms of whiplash include severe pain, spasm, and loss of

range of motion in the neck.

Cervical Myofascial pain: Myofascial pain causes tight and tender areas of muscle that are sensitive to pressure. Myofascial pain in the neck can develop after trauma or with other medical conditions, such as psychologic stress, depression, or insomnia.

Cervical Radiculopathy: Cervical radiculopathy occurs when a nerve root is irritated by a protruding disc, arthritis of the spine, or a mass that compresses a nerve (e.g. a synovial cyst). Signs of radiculopathy can include pain, weakness, or changes in sensation (e.g. numbness, pins and needles) in the arms. The most common causes of cervical radiculopathy include the following: degenerative changes related to aging or injury and herniation of a cervical disc.

Next Month we will present how we evaluate neck problems. Also we will provide information on the different treatments available. In depth we shall present the role of physical therapy in treating patients with neck pain.

Patients' Comments



"It worked! My arm & shoulder are in good condition, Dr. did a good job!!" R.M - Chicago, IL

"Everyone is friendly, the office is always so clean" M. S - Chicago, IL

"Friendly staff, laughter & interaction between staff & patients was what I liked best" R.D - Oak Lawn, IL

"I liked that Dr Naglaa kept my Dr informed of my progress at all times."

G.B- Bridgeview, IL