



PHYSICAL THERAPY
WELLNESS CENTER
PELVIC HEALTH

HEALTH+WELLNESS NEWSLETTER

ENJOY YOUR NEW FOUND FREEDOM FROM NECK PAIN

Do you have trouble holding your head up while sitting at your desk? Do you notice pain when tilting your head down to look at your phone or tie your shoes? Do you find it difficult to get comfortable when lying down to go to sleep at night? At G3 Physical Therapy, our physical therapists can help you find relief for your neck pain once and for all!

Neck pain is common among adults, affecting up to 70% at some point in their lives. Unfortunately, a third of these people will develop chronic neck pain (i.e., pain that lasts longer than three months).

Even small amounts of pain can lead to a downward spiral in the quality of life, energy, and overall well-being. Fortunately, physical therapy can help resolve the pains in your neck!

If you're struggling with pain and discomfort in your neck, contact G3 Physical Therapy today to schedule your consultation.

WHAT ARE THE MOST COMMON CAUSES OF NECK PAIN?

The neck is an integral area of everyday movement. Pain can prevent you from functioning correctly in your day-to-day life. Your neck relies on proper posture, flexibility, strength, and coordination to tolerate your normal activities and more advanced sports and recreational pursuits. In our daily lives, we place tremendous strain and demand on our necks. Stress and poor posture can lead to long-term pain and dysfunction.

The most common causes of neck pain include sprains and strains to the muscles, tendons and ligaments. Often the exact reason you are experiencing neck pain remains a mystery. Our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief.

Some of the more common causes of neck pain include:

Poor posture. Prolonged periods spent slouching while working on a computer lead to a forward head posture, which puts extra stress on the neck. Looking down at a phone may also cause pain.

Sleeping in an awkward position. Holding the head at a wrong angle during the night can lead to a stiff neck in the morning.

Repetitive motions. Turning the head repetitively, such as side to side while swimming, may lead to irritation of the neck's muscles and joints.

Trauma. Any fall or impact, such as a sports collision or whiplash from an auto accident.

HOW PHYSICAL THERAPY CAN HELP YOU RELIEVE YOUR NECK PAIN

Our physical therapists are movement experts equipped to identify and treat the primary source of your neck pain. They will analyze your posture, movement, and problem areas to determine the best course of treatment for your needs.



Our treatment plans focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination. Your diagnosis will determine the make-up of your program and may include any combination of manual therapy, targeted stretches, exercises, activity modification, or posture recommendations.

Physical therapy can help significantly reduce your neck pain by implementing the following:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies or electrical stimulation. Our team of therapists is dedicated to finding solutions that work!

Continued on next page

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Article Continued

WHAT TO EXPECT AT PHYSICAL THERAPY

The main emphasis of physical therapy is education and instruction on effective exercises and proper posture. Our goals include:

- Reduce pain quickly through postural education and targeted movements/exercises
- Return to normal functioning in daily activities
- Minimize the risk of recurring pain (avoid painful postures and movements)
- Minimize the use of medication or surgery to eliminate pain

Your therapist will perform a thorough assessment to identify the category for treatment. They will then use the information obtained from this assessment to recommend specific neck exercises and advise on which postures are beneficial and which ones to avoid. These exercises allow you to identify how to resolve your current symptoms and possible future symptoms.

CONTACT US TODAY

If your neck pain has limited your daily life, don't wait any longer to seek help. At G3 Physical Therapy, our physical therapist will work with you to understand your goals and expectations to develop your personalized treatment plan. We are dedicated to providing you with the tools you need for recovery and relief!

Contact us today to schedule an appointment.



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**SCHEDULE YOUR
APPOINTMENT
TODAY!**

760.452.2640

Visit Us Online g3.life



HELP FAMILIES IN OUR COMMUNITY NOW THRU NOVEMBER 30TH!

Well, it's that time of year again—the Holidays are coming! Our favorite part of the Holidays is our fundraiser wherein we help local families in need celebrate the season. This year we've decided to do the same thing we did last year. There are many families who are more in need of essentials rather than toys, so we'll be helping to adopt several needy families in the community, joining our local Catholic Parish, St. John's, yearly holiday drive for needy families. All the money collected will go towards gift cards for Stater Bros or Walmart. St. John's Parish collects the money and orders the gift cards in bulk, which gives more opportunities for discounts and is easier to keep track of. The G3 front office will be collecting any amount of money people wish to donate. You can donate via cash, check, or with your credit card on file. Just let us know how much you want to contribute and we will record and tally, with all donations delivered to St. John's Parish on November 30th. And for every dollar you contribute, G3 will match that amount (up to \$1,000). As a bonus, whoever donates \$50 or more will receive a free G3 long sleeve shirt! (While supplies last).

Last year St. John's was able to assist over 200 households with basic essentials like food and toiletries, mostly in Encinitas, but as far out as Escondido. If you know a family in need, you can direct them to St. John's Parish Office. They fill out a Request Form (one per household) that will be available November 16 -30, 2023. The Parish office is open Monday through Friday, 8am until 4:30pm. Completed forms must be returned by Thursday, November 30th to the Parish office.

Thanks much in advance for helping us make the Holidays a little more special.



GET LONG SLEEVE WHEN YOU DONATE \$50 OR MORE

EXERCISE OF THE MONTH

6 Fundamental Movement Patterns for Mobility and Alignment: Movement Pattern #3

This helps with balance and being able to catch your body weight. This is essential for the young and the old. For the young athlete, it's a functional movement pattern for any sport. Athletes need reflexive reactions to move in all directions. For the old, this helps with balance, coordination, and strength to prevent falls and unwanted injuries.

Side lunge with arm swing away from lunging side

1. Start position: Stand in your normal standing position with relaxed shoulders.
2. Side step or lunge to one side
3. At the same time, swing your arms opposite/away from lunge side
4. Return your feet and hands back to standing start position.
5. Repeat 5 times on each side and repeat 2x.

Why do we teach this every day? At G3 Physical Therapy we use a strategic set of movement patterns, both as a test and as an exercise. It may look simple, but requires flexibility, coordination, and strength, all at the same time. Over the next months, we will be sharing the different movement patterns. How each individual performs this whole body movement patterns, gives the physical therapist clues about the health of your muscles and joints from head to toe, literally! If you can master these movements, you're on your way to restoring alignment and keeping your muscles and joints supple and strong!!

Always be aware. We do not believe in the "No Pain, No Gain" philosophy. If an exercise is properly prescribed, there can be normal physiological muscle soreness, but pain is an indication that something is wrong, so never push through pain and always tell your physical therapist. Call G3 Physical Therapy if you want to learn how to tailor this movement pattern for your body.



MOCKTAILS FOR THE HOLIDAYS

Click [here](#) to get a list of recipes to some delicious mocktails to enjoy during this holiday season!



WE GET RESULTS

“Highly recommend Richelle R. (PT, DPT). She initiated an insightful assessment and produced an effective manual (table work) and physical therapy (floor work) plan with early, steady and reassuring results. In addition to direct work with me, she directs G3's talented and enthusiastic team on the floor who also monitor and step in to guide me through Richelle's floor therapy work sequence as posted on the whiteboard. They, in constant communication with Richelle, observe and correct me in my stretches and equipment use. This studio is upbeat and has a perfect balance of professionalism, personality, teamwork and positive energy. The process used here is efficient, and I was able to get an initial assessment appointment quickly.”

-Val V.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



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LOCATION



SOLANA BEACH
LOCATION

Visit us at g3.life today!



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