



Peak Physical Therapy and Wellness Newsletter

Coming Soon

How a physical therapist evaluates and treats your patient.

WOMEN WITH CHRONIC NECK PAIN CAN BENEFIT FROM ACTIVE NECK MUSCLE TRAINING.

How often do you see a female patient with chronic neck pain? They often relate that they are experiencing weakness as well. A study out of Sweden involving 6000 participants reported a 48% incidence of neck pain. Moreover, women suffered from neck pain more than men.

A randomized controlled JAMA study in 2003 consisted of 180 female participants with non-specific neck pain. They were assigned to one of three groups. The endurance training group performed dynamic neck exercises, which included lifting the head up from the supine and prone positions. A second group performed strength training consisting of high-intensity isometric neck strengthening and stabilization exercises with an elastic band. Both training groups performed dynamic exercises for the shoulders and upper extremities with dumbbells. All groups were advised to do aerobic and stretching exercises regularly 3 times a week. They concluded that all groups that performed either strength or endurance exercises experienced an improvement in neck rotation range of motion, strength, and a decrease in pain and disability. The strength training group was significantly stronger. Neck flexion improved by 110% versus 29% in the endurance group and 10% in the control group. The strength group was the only group with improved range of motion in all directions. They also reported that "stretching and aerobic exercising alone proved to be a much less effective form of training than strength training."

Ylinen J, Takala EP, Nykanen M, Hakkinen A, Malkia E, Pohjolainen T, Karppi SL, Kautiainen H, Airaksinen O JAMA 2003; 289(19): 2509-2516

PATIENT TESTIMONIAL - NECK PAIN AND ACTIVE PHYSICAL THERAPY

Thanks to you, I am so much better. It is like night and day. I feel stronger, I can hold my head up now, and the pain is much better. I feel confident that I can perform my home exercises and continue to feel good. Thanks gang.

Beth S.



Our Services

Sports Medicine
Spine Care Program
Orthopedic Rehab
Post Surgical Rehab
Neurological Rehab
CardioPulm. Rehab
Gait/Balance Program
Work Related Rehab
Computerized Gait
Transitional Fitness
Personal Training
Massage Therapy
Wellness Coaching

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"The strength training group was significantly stronger. Neck flexion improved by 110%..."