

Newsletter



Bristow is now offering dry needling! Call 571.832.2342 to get started.

Alleviate Persistent Neck Pain With Physical Therapy

HAYMARKET
PHYSICAL THERAPY, LLC
Results you can feel, from a team you can trust.



Beaeton: 540.952.0138

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Newsletter



Alleviate Persistent Neck Pain

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 Haymarket 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.

Our Mission

To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.

Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

Contact Us

We are here for you. Give us a call today to start your healing journey.

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Physical Therapy: Your Pathway to Relief

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 Haymarket 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/>

Try This Tasty Balsamic Berry Vinaigrette Salad

INGREDIENTS:

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ¼ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts



INSTRUCTIONS: For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

February is Heart Health Month

When's the last time you thought about your heart health? February is heart health month, so there's no better time to give one of your most essential organs the attention it deserves. According to the National Library of Medicine, an estimated 16.3 million Americans aged 20 and older have coronary heart disease (CHD). The symptoms of CHD include heart attacks and chest pain. In the United States, 7.9 million individuals have suffered from heart attacks, and 9 million have experienced chest pain. These statistics can be alarming, but rest assured that there are several ways you can help improve your heart health! The therapists at Haymarket Physical Therapy have put together a list of manageable lifestyle changes you can make as soon as today to ensure good heart health for years to come.

1. EXERCISE REGULARLY

Regular physical activity can help you gain muscle strength and endurance. Exercise helps your cardiovascular system work more efficiently by delivering oxygen and nutrients to your tissues. If you are not currently exercising regularly, start by taking a ten-minute walk around your neighborhood each day. From there, increase the amount of time you walk each day and quicken your pace. You will eventually be able to work up to a more strenuous activity, like running or biking.

2. EAT LOTS OF FRUITS AND VEGETABLES

According to a study published in the International Journal of Epidemiology, eating ten servings of fruits and vegetables a day can lower your risk of cardiovascular disease by 28% and premature death by 31%. Ten servings may sound like a lot, but remember that there are many ways to up your fruits and veggies intake. You could add fruit to your water, add vegetables to your fruit smoothie, and snack on carrots and hummus during the day instead of chips.

3. MANAGE YOUR STRESS

Did you know that there are over 1,400 biochemical responses to stress? Some of these include a rise in blood pressure and a faster heart rate. For these reasons, stress can have long-term adverse effects on your health. Try to take the time out of your day to practice mindfulness and check in with your body. Deep breathing activities and meditation can do wonders for anxiety. Practicing yoga may also help you decrease your stress levels.



Staff Spotlight Theresa Crowe

Theresa Crowe, LPTA, is passionate about providing

patients with a good physical therapy experience that is enjoyable and helps them to get better. Her mission is to help patients live pain-free, whether they are suffering from neck pain, knee pain, shoulder pain, back pain, hip pain, or ankle pain, she wants to banish any and all pain from their lives! Theresa has always been interested in helping people live their healthiest lives. She started her career with a BS degree in Fitness Management from the University of Delaware. She worked many different jobs including working as a Fitness Specialist and Personal Trainer for the United States Air Force, cardiac rehab assistant, and Fitness/Wellness instructor and supervisor. In 2007 she graduated from NOVA with a degree as a Physical Therapy Assistant. Of all her past careers, being a physical therapy assistant is the one she loves the most.

Patient Success

"I have encountered my fair share of truly poor Physical Therapy (PT) places in the last 30 years. Haymarket Physical Therapy (HPT), however, is far & away one of the best. I have been receiving PT here for the last 3 years for a shoulder injury. They have seen me through 3 surgeries, the last being a total shoulder replacement. I am now finally able to raise my arm above my head. **It has been a lot of hard work, & I am truly grateful for the assistance given to me by everyone.** I received positive encouragement, creative therapy translating to daily tasks at home & tons of empathy. It is an overwhelmingly supportive & caring environment. Each person here holds a very special place in my heart & always will." — **D.H.**

We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better