



Advantage-Physical-Therapy

AdvantagePT
STRONGER TOGETHER

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NEWSLETTER

FIND HAPPINESS IN NECK PAIN RELIEF

COME BACK TO PHYSICAL THERAPY

INSIDE:

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Therapy Can Help
Neck Pain

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Spotlight

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NEWSLETTER

LOOK UP TO MORE ACTIVITY BY RELIEVING NECK PAIN



Does your neck hurt? You might be suffering from stress-related pain – also called a tension headache. During anxiety, muscles tense up. As muscle tension tightens, the back, shoulders and neck are affected. The more pressure they cause, the more discomfort you get. Let's take a closer look at stress-related neck pain.

Is My Neck Pain Caused by Stress? Pain worsened by keeping your head in one place – like when you're driving, or using a computer – is neck pain. While neck pain has a slew of symptoms, its major symptoms, reported by Mayo Clinic, are:

- Muscle tightness and spasms
- Headaches
- Decreased ability to move the head

Stress-induced neck pain isn't rare. It also isn't psychological. Many experts think stress-induced neck pain is caused by physical factors – low, but constant, trapezius muscle activity. If your neck pain starts at the base of your shoulders, traveling upward, it may be stress-related.

Causes of Stress-Related Neck Pain. While stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems – as they confine people to chairs, bad posture and little mobility. Driving often, too, can make your chances of stress-related neck pain higher.

The U.S. National Library of Medicine suggests contacting a professional if you're experiencing neck pain. Even if it's caused by stress, untreated neck pain might later reveal muscle spasms, arthritis, bulging discs or even narrowed spinal nerve openings.



CALL US TODAY!

Redmond: 1-425-437-3554 | Sammamish: 1-425-307-5504



CHECK OUT OUR FACEBOOK PAGE!

DETAILS INSIDE

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Advantage-Physical-Therapy

WE MAKE IT EASY TO LEAVE A REVIEW!

INSTRUCTIONS:

- 1. Open your smartphone to the camera app**
- 2. Center the QR code above in the frame**
(this will take you directly to our Facebook Review page)
- 3. Tell us how we've done!**





HOW PHYSICAL THERAPY CAN HELP NECK PAIN

Neck pain, fortunately, can be alleviated with physical therapy. Neck pain can be caused by suboptimal or sustained postures, physical therapy can help correct these patterns and improve your work setup. Sometimes, simply letting your neck muscles relax is enough.

If you don't see relief within two weeks, contact a professional. Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch, flex and relax your neck muscles. In time, your neck will become more resilient – giving you the comfort you deserve. Where after-care treatment is considered, custom-tailored neck exercises will assure your neck stays loose, limber and healthy.

If you're dealing with neck pain, you're not alone. Call our office today, and schedule an assessment. Even if your neck pain is caused by stress, it still needs attention. **We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more.**

Sources: <https://www.spine-health.com/blog/how-relieve-neck-pain-caused-stress> <https://www.everydayhealth.com/neck-pain/neck-pain-reduce-stress.aspx> <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0027055/> <https://medlineplus.gov/ency/patientinstructions/000802.htm> <https://newsnetwork.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-time/> <https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>



CONGRATULATIONS ON RETIREMENT

It is with mixed feelings that we announce the retirement of Ann Johnson, PT. After a long and successful career of helping and caring for thousands of patients, Ann will be leaving Advantage PT for a well-earned respite. I was fortunate to have had the pleasure of working with Ann for over 15 great years.

Ann has been an integral part of Advantage PT's success and growth over the years and her dedication to her clients has been unwavering. We wish her all the best in her next adventures!

Chris Tuohy, DPT

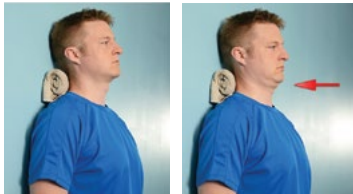
EXERCISE ESSENTIALS

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

CERVICAL RETRACTION (TOWEL)

Stand with your back against a wall. Position a rolled-up towel behind your neck. Tuck chin like you are nodding 'yes'. Draw your chin closer to the back of your throat. Repeat 3 times.

EXERCISES COPYRIGHT OF
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HEALTHY RECIPE EASY MANGO PROTEIN SMOOTHIE



INGREDIENTS

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about

- 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

INSTRUCTIONS:

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

Visit us online at www.AdvantageSportsTherapy.com

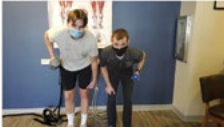
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 Advantage-Physical-Therapy

Advantage Physical Therapy
May 10 at 10:02 PM · 🌐

We have gotten our patients STRONGER!
"After coming into Advantage, I was unable to lift weights for months due to back problems. A month later, I am back to 100%. Thanks to Tim walking me through the steps to recovery, if you want to get better quickly, this is the place to go!"
-Cameron B.



Advantage Physical Therapy
May 10 at 10:02 PM · 🌐

Is it summer yet?
The weather is shaping up this week in Western Washington so make sure you spend some time in the Sun!

Spring in Washington



Advantage Physical Therapy
May 3 at 10:08 AM · 🌐

Balance is Good for Everyone!



Advantage Physical Therapy
May 10 at 10:02 PM · 🌐

Getting a ton of feedback this year! Investing in a stronger body will pay off in a million different ways and will be a great opportunity to work towards the stronger and pain-free body you deserve as one our participants in the studies you saw this summer. Click our video to start working on a better you today.



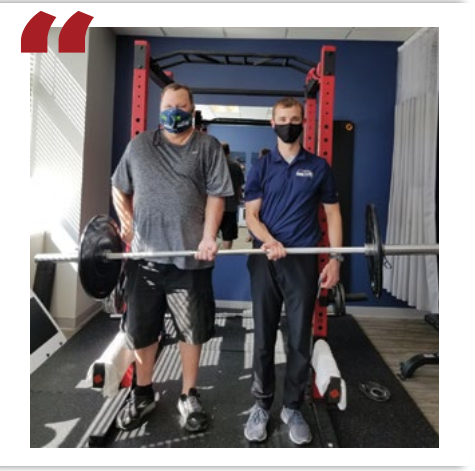
YOU NEVER REALIZE HOW LONG A MINUTE IS UNTIL YOU'RE EXERCISING.

Chris & Clark

Advantage Physical Therapy
May 12 at 10:02 PM · 🌐

An opening usually, most often, at the grocery store, you may see brightly colored citrus crates arranged around a person's legs, knees, shoulders, or back. It may be to reduce risk of an injury. Alternatively, you, one of the most beneficial ways to apply consistent therapeutic effects is done routinely.

It may also provide additional soft tissue manipulation to help further the effects of physical therapy exercises and the physician handling or manipulation of it. - Sara Moore



Patient Success Spotlight

"I now have "my" physical therapist on speed dial and will only see Tim Clendaniel should I need the help of a physical therapist in the future."

"Found myself in the uncomfortable spot of not having a physical therapist on speed dial after having gone through rotator cuff surgery in October 2020. Advantage Physical Therapy was recommended to me by my Orthopedic surgeon and I was most fortunate to receive my patient care from Tim Clendaniel.

Tim immediately earned my trust on "day one" by engaging with me and explaining my patient care plan detailing the progressive steps on the path leading to full recovery. During my time with Tim, I quickly came to understand and appreciate his passion for his profession and the quality of care that he provides to his patients comprised of equal parts "outstanding medical knowledge", "empathy" and "push" all representing essential elements in my recovery.

I simply can't thank Tim enough for leading me through my past eight month journey where his exemplary patient care allowed me to quickly heal and strengthen my left shoulder and arm leading to a full recovery.

I now have "my" physical therapist on speed dial and will only see Tim Clendaniel should I need the help of a physical therapist in the future."
-Scott

**Are you in pain? Have you sustained an injury?
Give your physical therapist a call today!**

REDMOND: 1-425-437-3554
SAMMAMISH: 1-425-307-5504

DISCOVER MORE ABOUT ADVANTAGE PT ON FACEBOOK!

Read about our patient successes, meet our team, learn new home exercises, discover new ways to social distance and enjoy Washington, and more!

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