



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

INDIANA PHYSICAL THERAPY

NECK PAIN



CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:

FORT WAYNE AREA: (260) 209-2464

INDY AREA: (317) 449-2333

MICHIANA: (574) 931-2802

OPEN 7AM-7PM

ACCEPTS ALL INSURANCES

GUARANTEED APPTS WITHIN 24 HOURS



**INDIANA
PHYSICAL THERAPY**

Where people go to get better

WWW.INDIANAPT.COM

NECK PAIN

Neck pain is a common complaint among patients, although, most causes of neck pain are not serious. Improper posture may misalign your head, neck, and spine resulting in pain. Traumatic injuries, such as a result of a car accident may cause whiplash.

Other common causes of neck pain may include mechanical neck pain, cervical radiculopathy, or cervical myelopathy and may have the following symptoms:

- Headaches
- Pain spreading into the upper back or down the arm
- Neck stiffness and reduced range of motion
- Muscle weakness in the shoulder, arm or hand
- Numbness, prickling or tingling in the forearm, hand or fingers

MECHANICAL NECK PAIN

Mechanical neck pain is the most common condition which is caused by normal wear and tear of the parts of the cervical spine that move. This includes the disc, facet joints, ligaments and muscles. The pain may spread from the neck into the upper back or to the outside of the shoulder.

CERVICAL RADICULOPATHY

Cervical Radiculopathy is characterized by motor and/or sensory changes in the neck and arms, which results in extensive pressure on a nerve. Symptoms include tingling and numbness, weakness in the muscles and/or pain along the path of the nerve. This may be caused by a herniated or a bulging disc, degenerative discs or thickening ligaments



CERVICAL MYELOPAHTY

Cervical Myelopathy is a less common cause of neck pain which results in pressure near the spinal cord. Conditions that contribute to the pain are osteophytes and protruding discs. Some symptoms include clumsiness, weakness, and stiffness in the upper and lower extremities.

INDIANA
PHYSICAL THERAPY

We ensure that every patient who comes to us is cared for by an expert in our field and provide rehabilitative services with results every day at any of our clinics in Indiana.