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k i n t s u g i
PHYSICAL THERAPY & WELLNESS

**Health & Wellness
Newsletter**

FINDING NECK PAIN RELIEF AT KINTSUGI

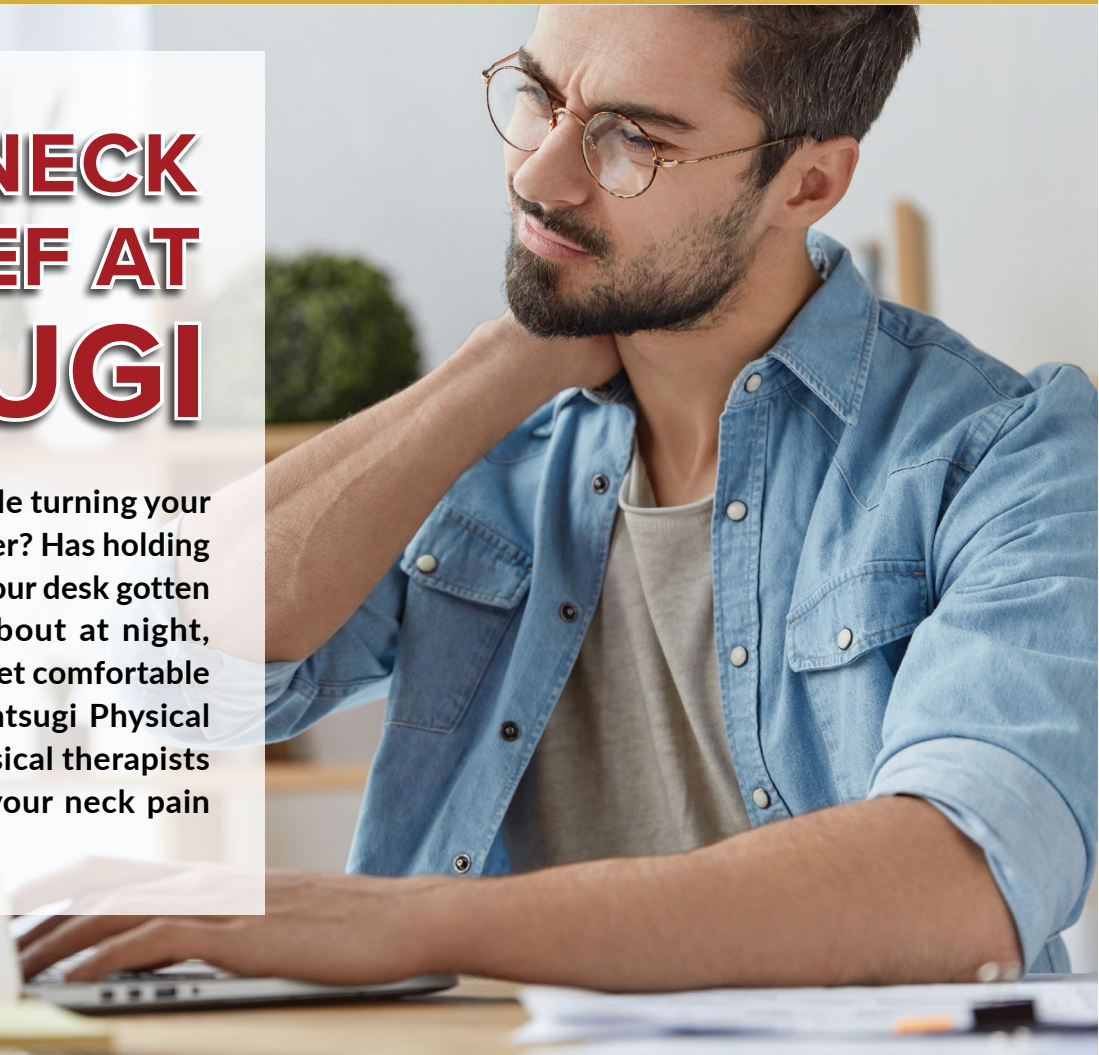


Take the first step to a healthier, stronger,
and more active you! Call today!

253.220.4317

FINDING NECK PAIN RELIEF AT KINTSUGI

Do you notice you have trouble turning your neck to look over your shoulder? Has holding your head up while sitting at your desk gotten harder and harder? What about at night, when you're in bed trying to get comfortable enough to fall asleep? At Kintsugi Physical Therapy & Wellness, 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. Even small amounts of pain can impact your quality of life. Fortunately, physical therapy can help resolve the pains in your neck!

You don't have to continue searching the internet for quick fixes for your problem. Your pain relief journey starts here! If you're struggling with pain and discomfort in your neck, contact Kintsugi Physical Therapy & Wellness today to schedule your consultation.

What Causes Neck Pain?

There are several common causes of neck pain, including a car accident or a slip-and-fall. There are also less dramatic causes like sitting at a desk all day or waking up with a crick in your neck. No matter the event that started the pain, there are often underlying causes that set you up for persistent neck pain.

The most common causes of neck pain include sprains and strains on the muscles, tendons, and ligaments. For others, changes to the

disc (i.e., a specialized tissue that sits between vertebrae throughout our spine) are the source of the pain.

Bulging and herniated discs are notoriously painful and common for people that experience nerve pain. Disc and cartilage degeneration can also lead to pain and difficulty moving the neck. Fortunately, our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief.

When neck pain develops due to a pinched nerve, the pain can quickly develop into tingling or numbness in the hands, arms, and fingers. For others, nerve pain radiates upward, resulting in

Continued inside.

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Continued from previous page.

severe headaches, and in some cases, even migraine-like headaches.

If you're experiencing chronic pain in your neck, know that there are safer options than surgery and medication that are available to you to combat your discomfort! The answer lies at our physical therapy clinic with our highly trained team.

How Kintsugi Physical Therapy & Wellness Can Help You Find Relief

Our physical therapists will perform a thorough evaluation starting with your medical history and details about how, when, and where your symptoms began.

Next, we will analyze your posture and movement to identify the primary source of your neck pain and the best course of treatment for your individual needs.

Our treatment plans focus on relieving your pain and improving your posture, mobility, strength, etc., educating you about managing your symptoms. Your program will likely include manual therapy (i.e., soft tissue work and/or joint mobilizations), targeted stretches, exercises, activity modification, or posture recommendations.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation.

The main emphasis of physical therapy is education and instruction on effective exercises and proper posture to resolve your current symptoms and possible future symptoms.

Each session, you will receive your therapist's full attention. We'll listen to your unique story and specific issues to help us understand your body's needs and then work with our hands to improve the quality of your life. The main focus is your health and wellness goals.

We know which methods will be best for your recovery, and we'll work together with you to understand the objectives and your overall expectations of therapy. The main goal is to get rid of your neck pain as soon as possible!

Whether your discomfort is from a chronic condition or an injury, therapy can prove to be the greatest asset to your recovery.

Call Kintsugi Physical Therapy & Wellness today to schedule an appointment and get on the fast track to resolving your neck pain and getting back to doing what you love!

Call today to make an appointment!

OMELET MUFFINS

Great make-ahead breakfast treat for those hurried holiday mornings!

INGREDIENTS

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

DIRECTIONS: Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.



kintsugi
PHYSICAL THERAPY & WELLNESS

EXERCISE TO TRY AT HOME

SITTING CERVICAL SIDE BENDING LEFT WITH OVERPRESSURE

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.



 PT WIRED
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MEET JENNIFER DAVIS



Jennifer Davis, PT, DPT

Jen graduated from Pacific Lutheran University with a Bachelor of Science degree in Exercise Science and then earned her Doctorate degree in Physical Therapy from the University of Puget Sound.

During her studies, she gained an appreciation for the ever-evolving field that is Physical Therapy and recognizes the importance of learning and growing each day. Jen enjoys working with a variety of patients and aims to empower them to get back to the things in life that they love doing. She believes that rehab should be challenging yet fun and that with proper communication and a positive mindset, anything is possible. Jen has taken an interest in working with runners and is looking forward to learning more about how to best serve this patient population.

Jen enjoys hiking, trail running, backpacking, and ski touring the beautiful PNW mountain ranges with her husband and dog in her free time.

TIPS FOR A HEALTHY HOLIDAY SEASON

Keep yourself feeling your best to enjoy the holidays by following these three tips:

- 1. Remember to Move:** Prioritize exercise by taking a 20-minute brisk walk or doing a home workout. Movement can do wonders for your physical and mental well-being.
- 2. Eat with Moderation:** With tempting holiday treats all around, balance sweets with wholesome meals that include fruits, vegetables, and lean proteins.
- 3. Mind Your Posture:** Whether cooking, wrapping gifts, or working from home, being aware of your posture helps minimize back and neck pain.

Prioritizing your physical well-being helps you to be present and active in celebrating the holiday season with loved ones!

**Here's to a healthy, happy holiday season
and a fantastic new year ahead!**

PAST PATIENTS DOING WHAT THEY LOVE

Wearing Kintsugi PT t-shirts.

Send us your pics wearing our shirt and you may see yourself in the newsletter.



PATIENT EXPERIENCE

YOONA'S STORY

Fibromyalgia

*"They were able to identify
the root cause of my pain!"*

—Yoona



Scan the QR code to see Yoona's story on our Testimonial Page and hear in her own words how Kintsugi Physical Therapy help her.



We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

Just scan the QR code and visit our review page.



Thank You!

Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

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