



# ISR Physical Therapy Newsletter

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*A Proactive Approach to Excellence in Health & Rehabilitation*

**WEIGHING IN ON CHRONIC NECK PAIN**

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If you suffer from chronic neck pain, you might be interested to learn that strength training may help relieve your problem. Chronic neck and shoulder pain has grown more widespread as people spend increasing amounts of time at their computers. This pain commonly stems from the upper trapezius muscle, which spans the upper back and shoulders, helping to move the neck. As you repeatedly perform tasks involving this muscle, it can become tight and tender. A recent study involving people with chronic trapezius pain showed that subjecting the neck and shoulder muscles to strength training using hand weights (3 times per week, for 20 minutes, over a 10-week period) provided exercisers with a 70%-80% reduction in pain.

Neck pain can occur anywhere in your neck, from the bottom of your head to the top of your shoulders. It can also spread to your upper back or arms and it may limit how much you can move your head and neck. The type of treatment you need will depend on whether your neck pain is caused by activities, an injury, or another medical condition. If you or a family member needs physical therapy, consider receiving these services at ISR Physical Therapy. We emphasize manual physical therapy, treatment for back and neck pain, massage therapy, fitness evaluations, vestibular rehabilitation, TMJ dysfunction, ergonomic consulting, and much more.

*\*Strength training boosts the metabolism of protein in muscle, which may help repair painful muscle tissue.*

*Please visit our new website:  
[www.isrphysicaltherapy.com](http://www.isrphysicaltherapy.com)*



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## Move of the Month:



### Dynamic Neck Stretch

*Reach the left arm down and away from the body as you drop the head to the right, stretching the neck. Place the right hand on the head and gently press your head into the hand, then release and stretch. Continue to contract the neck and press the head into the hand, then stretch for 3 reps then switch sides (Do not perform stretch if it causes pain.)*

***"No Excuses,  
Just Results!"***

