

# ISR Physical Therapy Newsletter



**STRONG RECOMMENDATIONS FOR FIGHTING NECK PAIN**

*February, 2009*

People plagued by chronic neck pain may benefit from exercises that are designed to strengthen neck muscles. Those who may benefit most from these exercises are individuals who sit at computers for prolonged periods. According to recent research, when women with work related neck pain regularly practiced five specific muscle-strengthening exercises, they experienced significant and long-lasting relief. These exercises, which involve the use of hand weights, include the dumbbell shrug, the one-arm row, the upright row, the reverse fly, and the lateral raise. Performing three of these five exercises on a rotating basis (but always including the shoulder shrug) three times a week for 20 minutes per session brought relief from chronic neck pain.

Much evidence suggests that low-impact aerobic exercise such as swimming, walking, low-impact aerobics, and stationary bicycling may also be helpful in decreasing neck pain. A physical therapist can design a pain-free exercise program just for you. Once your physical therapy goals are met, your physical therapist will help you continue therapy on your own with a home program designed to fit your needs. If you or a family member needs physical therapy, please call ISR Physical Therapy.

P.S. Each of the exercises mentioned above was performed in three sets of 8-12 repetitions, with the weight load gradually increasing to twice the original weight in ten weeks.



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



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