

TREATING OFFICE WORK PAIN

Athletes are not the only ones who turn to physical therapists for treatment. The fact is that office workers also suffer neck and shoulder pain caused by repetitive office tasks and computer work. Fortunately, strengthening exercises have proven to be successful in treating chronic or frequent pain in the neck area, as well as tightness and tenderness of the upper trapezius muscle (the large muscle that extends from the back of the head, down the neck, and into the upper back). In fact, one study shows that strength training using dumbbells to do five types of exercises designed to strengthen the shoulder and back muscles (including the trapezius) reduced shoulder and neck pain by more than 50% after ten weeks.

At ISR Physical Therapy, we are committed to serving the community with high quality physical therapy and rehabilitation provided by dedicated, caring professionals who promote and contribute to the patient's achievement of optimal life function. We emphasize manual physical therapy, treatment for back and neck pain, massage therapy, ergonomic consulting, and much more.

*The exercises mentioned above that physical therapists successfully used to treat neck and shoulder pain included the one-arm row, shoulder abduction, shoulder elevation, reverse fly, and upright row.



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"No Excuses, Just Results!"

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