

ISR Physical Therapy Newsletter



WAKING UP ON THE WRONG SIDE OF THE PILLOW

March, 2009

People often report having a “crick” in their necks. This catchall phrase refers to a variety of neck ailments, the most common of which involves the inability to turn the head or use the affected arm after sleeping in an abnormal position. The fact is that a person can experience considerable pain in the neck and/or along the shoulder blade after sleeping on an unfamiliar pillow. As a result, strained muscles can go into spasm, causing stiffness. Or, it may be that the ligaments surrounding small facet joints (two of which are in each pair of vertebrae, to allow movement) can become strained and throw the muscles into protective spasm. Massage and physical therapy may help.

If you wake up with a crick in the neck and you have not had a serious neck injury previously, there are a number of home therapies you could try. These include ice and/or heat, massage and more. But it’s important to go easy on the area in the first few days at least, to avoid making it worse. If the pain persists for longer than a week, or it disrupts your functioning, have it checked by a doctor. If you or a family member needs physical therapy, consider receiving these services at ISR Physical Therapy. We stress “hands on” physical therapy with education on body mechanics and anatomy. Our services include post surgical rehab, sports injury care, and back and neck care.

* If you are prone to cricks in your neck, the physical therapist can help you evaluate your lifestyle, pinpoint possible causes, and propose appropriate preventive measures and treatments.

"No Excuses, Just Results!"



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