

Dutch Physical Therapy Services Summary

Symptoms/Complaints/
Diagnosis

Neck Pain



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Health Concern	Possible Causes	Common Symptoms	Physical Therapy Treatments
Trauma or Injury "Whiplash"	Physical trauma Awkward or unbalanced movements	Slight to severe pain with movement Limited range of motion	Modalities: ice or heat, ultra sound, e-stim, etc. Active recovery techniques and exercises Postural corrections
Nerve impingement	Pressure placed on nerves and/or surrounding areas	Slight to severe pain Paresthesia and/or arm pain	Hands on manual therapy and or massage Postural corrections
Cervical Headaches	Stress or injury to the first three cervical joints of the neck	Light to severe head pain Sensitivity to light and sound Jaw, eye and/or ear pain	Hands on manual therapy and or massage Active recovery techniques and exercises
Postural Strain DDD DJD Bulging Discs	Muscle, ligament overstretching Faulty movements Poor posture Trauma	Slight to severe muscle pain Interscapular pain Peresthesia and/or arm pain	Active recovery techniques and exercises Postural corrections
Osteoarthritis	Repetitive injury Aging Wear and tear Physical trauma	Stiffness Swelling Intermittent joint pain Loss of motion and flexibility	Hands on manual therapy and or massage, exercise program to minimize arthritis related pain and to improve range of motion during daily activities Postural corrections

Millions of people suffer from neck pains which can have impacts ranging from intermittent to constant and debilitating pain. Dutch Physical Therapy can help to minimize your pain and prevent further injuries to your neck.