



FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY!

Have you noticed your neck seems more sore at the end of a long workday? Have you been in an accident and still have neck pain? If you are suffering from the debilitating effects of neck pain, you may benefit from an assessment by one of our physical therapists at ReQuest Physical Therapy.

Approximately one-third of the population will experience neck pain in any given year, worsening if left untreated. In severe cases, they may even need surgery.

The neck is essential in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in your neck can cause various symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

The neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. Call ReQuest Physical Therapy today to get the relief you deserve!

The most common causes of neck pain

The most common causes of neck pain are sprains and strains resulting from prolonged postures, repetitive movements, or some form of trauma (i.e., car accidents or sports injuries).

More severe impairments of the neck are often related to degenerative changes, disc pathology, or nerve injuries. Often it is a combination of multiple factors and injuries.

Poor postural habits like a forward head posture will place extra stress on the tissues and joints of the neck.

Trauma, including a fall or some impact like a sports collision or whiplash from a car accident, can lead to neck pain and loss of mobility.

Due to aging or previous injury, degenerative changes make us more susceptible to disc herniations, nerve irritation, and restrictions in the ability to move.

The key to treating neck pain is finding a solution. Our physical therapists are experts at identifying the cause of your pain, how to resolve it and how to prevent it from returning!

How does physical therapy help with neck pain?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. Our therapists emphasize education and instruction on effective exercises and proper posture.

Our main goals are to:

- Reduce pain and improve motion with manual therapy techniques

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- Improve mobility through postural education and targeted movements/stretches
- Improve strength to help you return to normal functioning in daily activities
- Educate you on strategies and techniques to minimize the risk of recurring pain
- Minimize and/or eliminate the use of medication or surgery

Your therapist will perform a thorough assessment to identify the source of your problem and the solutions that work most effectively. We will then use the information obtained from this assessment to recommend specific neck exercises and advice on which postures are beneficial and which ones to avoid for long-term success.

What to expect during your physical therapy visits

At your initial evaluation, one of our licensed physical therapists will analyze any limitations that your neck pain may cause. They will then design a treatment plan based on your individual needs. Our primary focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.

Physical therapy can help significantly reduce your neck pain by implementing the following:

- Manual therapy treatments which consist of special techniques designed to reduce the stiffness in the neck and improve the range of motion.
- Targeted exercises focusing on restoring your neck joint mobility and strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving your posture when sitting and standing.
- Improving the coordination of your neck muscles.

Your therapy may also include additional methods deemed fit by your physical therapists, such as ice and heat therapies, ultrasound, or electrical stimulation. Our team of therapists is dedicated to finding solutions that work!

Contact ReQuest Physical Therapy for neck pain relief!

If you have been suffering from neck pain, don't hesitate to contact ReQuest Physical Therapy today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs.



CLICK HERE TO SCHEDULE YOUR APPOINTMENT TODAY!



WHY REQUEST?

“I was still floundering after my cancer treatments. I did PT with the guys & girls at ReQuest. I was looking to get my spark back & start working out again. At a certain point it was like BANG. I started out on my own again. I feel great again too! Thanks to everyone at ReQuest. -Leslie B.”

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HEALTHY SHOPPING

FREE NECK PAIN SCREENING

ReQuest
PHYSICAL THERAPY

CALL GAINESVILLE: (352) 747-9992 OR
TIOGA: (352) 670-3461 TO SCHEDULE!

Take your health to another level! Schedule an appointment at a location nearest to you.

Call to schedule.
Expires 12-31-23



Ready to get strong?

We're here for it!

Life Life. No Limits.

ReQuest
PHYSICAL THERAPY

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEW US
GAINESVILLE



REVIEW US
TIOGA

requestphysicaltherapy.com



The most important thing to remember is that you should be eating a balanced diet. This means that you should avoid overeating any one type of food.

For example, if you are overeating sugar or processed food, it might be time to change your diet. When shopping in the aisles, try to avoid ultra-processed foods, foods with high sugar content, or excessive amounts of red meat.

Here is an example of what a healthy grocery list may look like:
Fruits: apples, blueberries, clementines, grapefruits, and avocados
Vegetables: broccoli, asparagus, onions, spinach, peppers, zucchini, sweet potatoes, baby red potatoes, and butternut squash
Beans and grains: chickpeas, brown rice, black beans, and quinoa
Proteins: eggs, salmon, and skin-on chicken breast
Nuts and seeds: roasted almonds, pumpkin seeds, and natural peanut butter
Dairy and nondairy substitutes: oat milk, coconut milk, feta cheese, and full fat Greek yogurt



HEALTHY RECIPE

CARROT POMEGRANATE SALAD

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

Ingredients

- ½ lemon
- 1 garlic clove, minced or zested
- Pinch salt
- 1 C nonfat plain Greek yogurt
- ¼ C mint or cilantro leaves, minced
- 2 C carrot, grated
- 1 C apple or pear, chopped
- 1 C pomegranate arils



Directions

Juice lemon. Remove seeds and keep pulp. Avoid the bitter white pith and thin partitions that divide the sections. Zest peel.

Stir together all ingredients in a bowl.

Serve immediately or refrigerate for at least 30 minutes to allow flavors to blend.

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss. Enjoy!

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DECEMBER

CLINIC NEWS

HALLOWEEN AT REQUEST



Mother Nature is Susan, our front desk manager.



Frankie, one of our patient care coordinators, as Harry Potter

Walking Support Group

Walk and chat with your therapist! This group is for women in any stage of cancer treatment, recovery, or survivorship.

Build community, get some fresh air, and ask any questions you may have.

**Meet in the lobby of ReQuest PT
(attached to Main GHF)
2nd Tuesday of each month at 10am**

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DECEMBER

CLINIC NEWS

GHF MAIN EXPANSION



One of the many benefits of being a patient at ReQuest is free 30-day access to the world-renowned Gainesville Health and Fitness Center and free babysitting during your physical therapy/massage session!

We are excited to tell you we're expanding, again! We're bringing you an additional 11,000 sq. feet to enjoy! As we continue to evolve, we remain committed to promoting fitness, well-being, and community.



BUILDING EXTERIOR, EAST VIEW



HOLIDAY GIFT FROM REQUEST

LOOKING FOR THE PERFECT STOCKING STUFFER?

Give the gift of massage!

Gift certificates are available for purchase at both clinics.



HOLIDAY FUN FACTS

1. Santa is originally green, red only came to be because of Coca-Cola
2. The postal code to send a letter to Santa in Canada is HOH OHO
3. Jingle Bells was the first ever song played in space
4. Christmas trees originated in Germany
5. Christmas tree lights were invented in 1882
6. The highest-grossing Christmas movie is The Grinch



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