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NEWSLETTER

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CONQUERING NECK PAIN & HEADACHES

A TALE OF TWO JOURNEYS





"My husband regained his physical strength and mental optimism just by going to this place."

Read Erika's Review Inside

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OPTIMUMPHYSIO THERAPIES

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CONQUERING NECK PAIN & HEADACHES

A TALE OF TWO JOURNEYS



Sarah



John

Meet Sarah and John, two individuals living with persistent neck pain and debilitating headaches. Their paths to relief would prove to be markedly different.

SARAH'S STRUGGLE WITH NECK PAIN AND HEADACHES

Sarah, a dedicated marketing manager, had always been an overachiever. Her job often demanded long hours hunched over a computer, fine-tuning marketing strategies, and meeting deadlines. The stress of her high-pressure job seemed to manifest physically as she began experiencing persistent neck pain and frequent headaches.

At first, Sarah chalked it up to stress and the demands of her work. She relied on over-the-counter pain relievers to alleviate the discomfort. These pills provided a semblance of relief, and she was grateful for the brief respite they offered.

However, as the weeks turned into months, Sarah noticed the pain progressing. What was once manageable headaches had evolved into searing pain that left her incapacitated. Neck pain became a constant companion, interfering not only with her work but also with her ability to enjoy the things she loved most in her life.

Sleepless nights became the norm, and the pain began to affect her overall well-being. Simple tasks like turning her head to check traffic while driving or enjoying dinner with friends became excruciating endeavors. Sarah realized that the medication she had relied on was no longer effective, and her life was spiraling out of control.

JOHN'S JOURNEY TO RECOVERY

On the other hand, John, a software engineer, faced a similar battle with neck pain and headaches. Like Sarah, his job required long hours in front of a computer screen. Initially, John also turned to over-the-counter pain relievers to manage the discomfort.

Unlike Sarah, John recognized that temporary relief wasn't enough. He knew he needed a more comprehensive solution to address the root cause of his pain. After researching, he decided to seek help from Optimum Physio Therapies.

John's physical therapist thoroughly evaluated his posture, range of motion, and muscle strength at his first appointment. They discussed his work habits and daily activities to identify potential triggers for his pain. It became apparent that his neck pain and headaches were closely tied to poor ergonomics at work and muscle imbalances in his neck and upper back.

With this understanding, John's physical therapist designed a personalized treatment plan that included:

- **Manual Therapy:** John's physical therapist performed manual techniques to release tension in his neck and upper back muscles. This provided immediate relief and improved his range of motion.

Continued inside.

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- **Targeted Stretches:** The therapist taught John stretches to help relieve muscle tension and improve mobility in the neck joints and upper back muscles to help reduce the frequency and intensity of neck pain and headaches.
- **Postural Correction:** John learned exercises to improve his posture and strengthen his neck and upper back muscles. These exercises helped him maintain better positions during long hours at the computer.
- **Ergonomic Education:** John received guidance on optimizing his workspace ergonomics, including raising his computer monitor to eye level and using an ergonomic chair at his desk. The small changes made a significant difference.

THE CONTRASTING OUTCOMES

As John diligently followed his physical therapy plan, he began to experience positive changes. The frequency and intensity of his headaches diminished, and his neck pain significantly subsided. With his newfound knowledge of ergonomics and posture, he felt more in control of his health.

Sarah, on the other hand, continued to rely on over-the-counter medication in a futile attempt to manage her pain. Her condition worsened, and the once manageable headaches evolved into debilitating migraines. Sleepless nights persisted, and her daily life became increasingly limited.

It wasn't until Sarah saw John's transformation that she decided to take action. She sought the guidance of one of our physical therapists, just as John had done months earlier. Through a comprehensive evaluation and a tailored treatment plan, Sarah began her journey to recovery.

A LESSON LEARNED: SEEK COMPREHENSIVE CARE AT OPTIMUM PHYSIO THERAPIES

While temporary relief from over-the-counter medication may offer initial respite, addressing the root cause of the problem is essential for lasting improvement. Our physical therapists will guide you toward a life free from chronic pain and headaches by addressing posture, ergonomics, and muscle imbalances.

It's never too late to seek the path to recovery and regain control of your life!





OPTIMUMPHYSIO THERAPIES

210-985-9498



NEUBIE | NEUFIT

Our newest modality the Neubie device is designed to help enhance the natural processes our bodies use to recover and heal whether it's from an injury or surgery.

THE NEUFIT NEUBIE REVERSES CHRONIC PAIN!

Pain is neurologically based. We actually experience pain in our brain, not our body. And when our brain perceives a threat, it sends out a signal that we recognize as pain. Sometimes that pain lingers long after an injury is healed or has been surgically repaired. Like the acute pain caused by an injury or in the aftermath of a surgery, the root of chronic pain can be safely targeted and stimulated with neuromuscular re-education using electrical signals. If you are suffering from lingering pain or a sports injury, look no further!

SEE THE NEUBIE IN ACTION



Scan the QR code to see the NEUBIE in action.

To learn more about the NEUBIE, visit our website at OPTIMUMPHYSIOTHERAPIES or scan the QR code.

If you want to see how the Neubie can fit into your treatment, call 210-796-3968 to set up an appointment!

GET YOUR LIFE BACK, GET STARTED TODAY!

FREE BELL'S PALSY WORKSHOP

Do you struggle with:

Facial weakness or paralysis?

Feeling powerless and like there's nothing you can do about Bell's Palsy?

Headaches or pain behind your ears?

Come and Learn Real Solutions for Facial Paralysis

Learn How to Get Back to Normal Naturally Without Unnecessary Medications, Treatments, or Surgery

Thursday, February 22nd 6:00 PM

Optimum Physio Therapies

Because of space limitations, this event is limited to the first 20 people who sign up.

Reserve Your Spot Today

SCAN THE QR CODE TO REGISTER

PATIENT SUCCESS STORY!

"My husband regained his physical strength and mental optimism just by going to this place."

"*All the staff of Optimum Physio are very professional, from the girls at the entrance desk to the therapist and assistants on the therapy floor. They are very welcoming and kind. My husband regained his physical strength and mental optimism just by going to this place. Medically speaking, they are very knowledgeable in what they do. In addition to that, they care about their patients well being. In my opinion that is the basis of their success. Keep doing the good job Optimum Physio!*" **—Erika H.**

We Want To Hear Your PT Success Story!

Scan the QR code to visit our review page and share your story. You could be someone's inspiration to get the help they need.

IS IT YOUR BIRTHDAY MONTH?

*If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!*

SONIA'S COOKING CORNER

"OFFICE" MAC N CHEESE



Courtesy of Sonia

INGREDIENTS

- 8 cups of water
- 4 cups of cheddar cheese
- 2 cups of mozzarella
- 1 cup milk
- Creme cheese
- 32 oz Pasta noodles
- Ritz crackers
- 1 stick of butter
- 1 tbsp salt (for water)
- Garlic salt
- Pepper

DIRECTIONS

Add 8 cups of water in an instapot with 1 tbsp of salt. Add 32 oz of pasta (make sure not to stir the pasta) and cook for 5 minutes in the instapot. Add 1 stick of butter, 2 big scoops of creme cheese, 4 cups of cheddar cheese, and 2 cups of mozzarella. Season to taste with garlic salt and pepper. Add Ritz crackers on top and serve.

Think you don't have enough time to make a good homemade meal? Watch Sonia make this "Office" Mac N Cheese dish in just 15 minutes.

NEW!

NOW YOU CAN WATCH SONIA'S COOKING CORNER ON YOUTUBE!

Scan the QR code to visit our YouTube Channel.

WHAT'S NEXT AFTER PHYSICAL THERAPY

BUILD ON YOUR SUCCESS

