

MUSCULAR

- Sprains/strains
- Spasms
- Muscle imbalance

HEADACHES

- Tension Headaches
- Postural headache

DISC

- Degenerative Disc Disease
- Bulging disc
- Herniated disc

BONE/JOINT

- Arthritis
- Fracture
- Facet joint dysfunction

NERVE

- Cervical radiculopathy

TMJ DISORDER

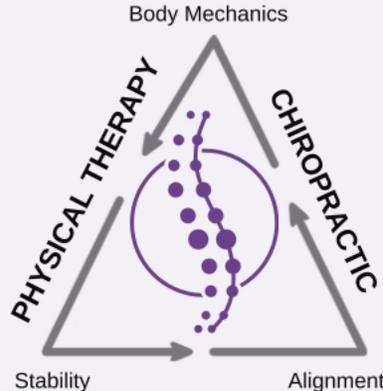
- Originates from the jaw

A COLLABORATIVE TREATMENT MODEL

A combination of physical therapy and chiropractic care has been shown to significantly improve recovery outcomes for neck pain & headaches.

BENEFITS OF PHYSICAL THERAPY:

- Improve & restore physical function
- Strengthen musculature of the neck, shoulders and upper back
- Improve movement patterns & body mechanics
- Improve posture and stability
- Increase range of motion and flexibility
- Decrease pain
- Future injury prevention



BENEFITS OF CHIROPRACTIC:

- Improve spinal alignment
- Improve flexibility, range of motion & mobility
- Enhance nerve conduction & function
- Future injury prevention
- Non-invasive & medication free treatment
- Imaging can be ordered when needed

Gradual improvements in posture and daily ergonomics can make a big difference in reducing neck pain and headaches.



While perfect posture isn't realistic, building awareness and making small adjustments—such as *improving desk setup, device use, and repetitive tasks*—can significantly enhance comfort and function over time.

CHECK YOUR POSTURE

THE MORE YOU LEAN FORWARD THE MORE STRESS YOU PUT ON YOUR NECK

10 LBS



27 LBS



40 LBS



49 LBS



60 LBS



The ultimate goal: Improve function with strength, mobility & stability to restore quality of life!

Tension in the upper back & neck is often a protective response to weakness or instability in the neck and shoulder areas. Poor muscle control can lead to misalignment, increased strain, and muscle imbalance.

Strengthening and stabilizing the cervical and scapular muscles helps improve posture, reduce tension, and support more efficient, pain-free movement.



Tissue decompression, or cupping, is a technique used to reduce pain, improve mobility & promote healing. Through gentle suction, it promotes blood flow and helps release tight or restricted tissue. This technique can also be combined with movement to support more efficient and functional movement patterns.

Your therapy team will determine if tissue decompression is appropriate for your treatment plan.

Cervical proprioception refers to the body's ability to sense the position and movement of the head and neck in space. It plays a key role in maintaining posture, balance, and smooth coordination of movement. Restoring this sense through targeted treatment can make daily activities feel easier, more natural, and more comfortable.



The Temporomandibular Joint (TMJ) connects the jaw to the skull and is essential for talking, chewing, and facial movement. When this joint becomes irritated, it often contributes to neck pain, headaches & tension. Both physical therapy and chiropractic care offer effective approaches for managing TMJ dysfunction.

