

NECK PAIN

Neck pain is a common problem experienced by many people. It can occur with or without headaches and causes a lot of pain and loss of function. Daily activities and housework can become difficult. Often habits such as poor posture, work environment, or stress can contribute to problems and make neck pain worse. Sufferers may also have headaches or jaw and face pain as well.

Clemens Physical Therapy can help people with symptoms of long-term, chronic neck pain from a variety of causes. We have extensive education and experience in treating and rehabilitation of neck pain by using a lot of gentle “hands on” manual therapy and specific exercises designed to improve pain and restore your ability to return to the activities you want to do. Treatment works well along with medication or other treatments provided by your physician or health care provider.

** for more information, go to **SEARCH** on our website menu and type in **NECK PAIN***

TREATMENTS AT CLEMENS PHYSICAL THERAPY

Manual “hands-on” therapy:

Very gentle treatment designed with people with chronic pain in mind. The goal is to stretch tight muscles and mobilize joints without aggravating symptoms.

Modalities: Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles.

Biofeedback: Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

Exercise: Very gentle strengthening and stretching programs designed with people with chronic pain in mind. The goal is to restore function and prevent future problems.

Education: Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures. Self-help techniques to help you maintain your progress on your own.

Clemens Physical Therapy PLLC

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Doctor of Physical Therapy
Specialist in Women’s Health Physical
Therapy
Specialist in Orthopedic Physical Therapy
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CLEMENS PHYSICAL THERAPY, PLLC

Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**
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