University of Delaware Physical Therapy is Ranked #1 in the Nation by US News and World Report!

We staff Board Certified Specialists in the areas of Orthopedics, Sports, Geriatric, and Neurologic physical therapy.

What We Know About Your Neck Pain

• Your neck is made up of 7 cervical vertebrae which are separated by disks.

• These segments are stabilized by joints, ligaments and muscles.

• The neck is very mobile and can be painful when injured.

• Research supports use of manual therapy techniques and exercise for short and long term pain relief.

• Physical therapy intervention can reduce your pain and restore your activity level.
Common Neck Injury

Did you know?

• Injury and postural problems are the most common cause of neck pain.

• Diseases such as arthritis and degenerative disk disease, DDD, can also cause neck pain and loss of motion.

• Posture, such as slouching shoulders and forward head, place undue stress to joints and ligaments causing damage to soft tissues or nerves.

• Injury or trauma occur when your neck moves in jerky or uncontrolled ways causing injury to muscles, ligaments or joints.

• Pinched nerves occur when a nerve bundle is constricted or compressed with neck movement leading to symptoms which may include numbness or weakness in the arm/hand.

• Headaches may be due to injury to upper cervical vertebrae.

• Arthritis may develop with age as the joint tissue begins to wear down causing painful and stiff movement.

• Strains/Sprains may be due to injury or repetitive or improper movements causing pain.

Physical Therapy Assessment of Your Condition

• Our physical therapists will provide a thorough individualized evaluation based on your symptoms
  - Review of health history, questions about specific symptoms
  - Perform tests to identify problems with posture/ flexibility/ strength/ joint mobility/ functional movement
  - Screen to identify potential of serious health problems minimizing back pain
  - Postural assessment of body position and movement during work, home or leisure/sport activity

• Here at Delaware PT we use the most recent, up to date research, to provide evidenced based practice to get you back in action faster.

What Will Your Physical Therapist Do For You?

• Create an individualized treatment program tailored to your back problem.

• Reduce pain and increase your activity level.

• Manual therapy techniques to the joints and soft tissues (muscles) to improve motion.

• Restore motion and strength.

• Provide education about care of your back and training for proper lifting, bending, sitting and work activities.

• May prevent the need for more expensive or invasive treatments.

• Identify factors which may increase your risk of re-injury.

Call today to schedule an appointment. We are on campus and open to the public!

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