



SMITHFIELD
PHYSICAL
THERAPY
SPECIALISTS



MANAGEMENT OF THE NECK (CERVICAL SPINE)

No guessing. No assumptions. We pride ourselves on getting to know you and your story, performing a thorough exam, and delivering care that gets results.

COLLABORATIVE
CARE

COMPREHENSIVE
ASSESSMENT

GOALS ORIENTED
MANAGEMENT

WHAT YOU SHOULD EXPECT

CONTACT

US NOW



757-644-1063



info@smithfield
physicaltherapy.com



401 Grace Street,
Smithfield, VA

www.smithfieldphysicaltherapy.com



THOROUGH INVESTIGATION

- Your care starts with a thorough exam. It's easy to guess/assume what may be going on, but it's far more effective to know what is contributing to symptoms and what is not.



TREATMENT

- For different types of neck pain, there is generally good evidence for manual (hands on) and exercise-based treatments.
- Not all types/sources of neck pain respond to the same thing. Seeking expert care is the best way to getting on the correct path.



PLANNING FOR THE FUTURE

- We firmly believe in addressing the cause of your symptoms and helping you enjoy your normal life.
- We also firmly believe in discussing ways to take care of yourself and to reduce the likelihood of issues down the road.

**SPECIALTY CARE, RIGHT
HERE AT HOME**



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MANAGEMENT OF THE NECK (CERVICAL SPINE)

Not all neck pain is the same. It would make no sense, therefore, to treat all neck pain the exact same way. We use a thorough exam process to identify what is going on and what best may help you.

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NECK PAIN – ONE SIZE DOES NOT FIT ALL

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NECK PAIN WITH MOBILITY
DEFICITS



NECK PAIN WITH RADIATING
/ARM SYMPTOMS



NECK PAIN WITH
COORDINATION DEFICITS



NECK PAIN WITH
HEADACHES

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Knowing what to do and when to do it is key with orthopedic care. Don't chance your health and effective, efficient recovery with unwarranted or substandard care.

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A NEW STANDARD OF CARE

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MANUAL THERAPY

- There's research regarding treating the midback v. the neck, using non-thrust or thrust techniques, and more. Knowing what techniques to use and how to determine effectiveness is what helps get results faster.



EXERCISE

- The same can be said as above – vigorous stretching and mobility exercise may help one person but significantly worsen pain for someone else whose neck pain derives from a different source/cause. We can make sure you are on the right track.



EDUCATION

- Questions are good – we encourage questions. "Is posture a relevant thing?" "Are certain activities good/bad for _____?" "What else can I do to _____?"
- We strive to offer relevant, individualized education for you, and it will likely be slightly different for the next person we see. Your needs and health may not be the same as your neighbor.

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