



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

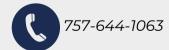
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WHAT YOU SHOULD EXPECT

THOROUGH INVESTIGATION

 Your care starts with a <u>thorough</u> 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.

CONTACTUS NOW









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.

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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



NECK PAIN WITH MOBILITY DEFICITS



NECK PAIN WITH RADIATING /ARM SYMPTOMS



NECK PAIN WITH COORDINATION DEFICITS



NECK PAIN WITH HEADACHES





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



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 <u>you</u>, 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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