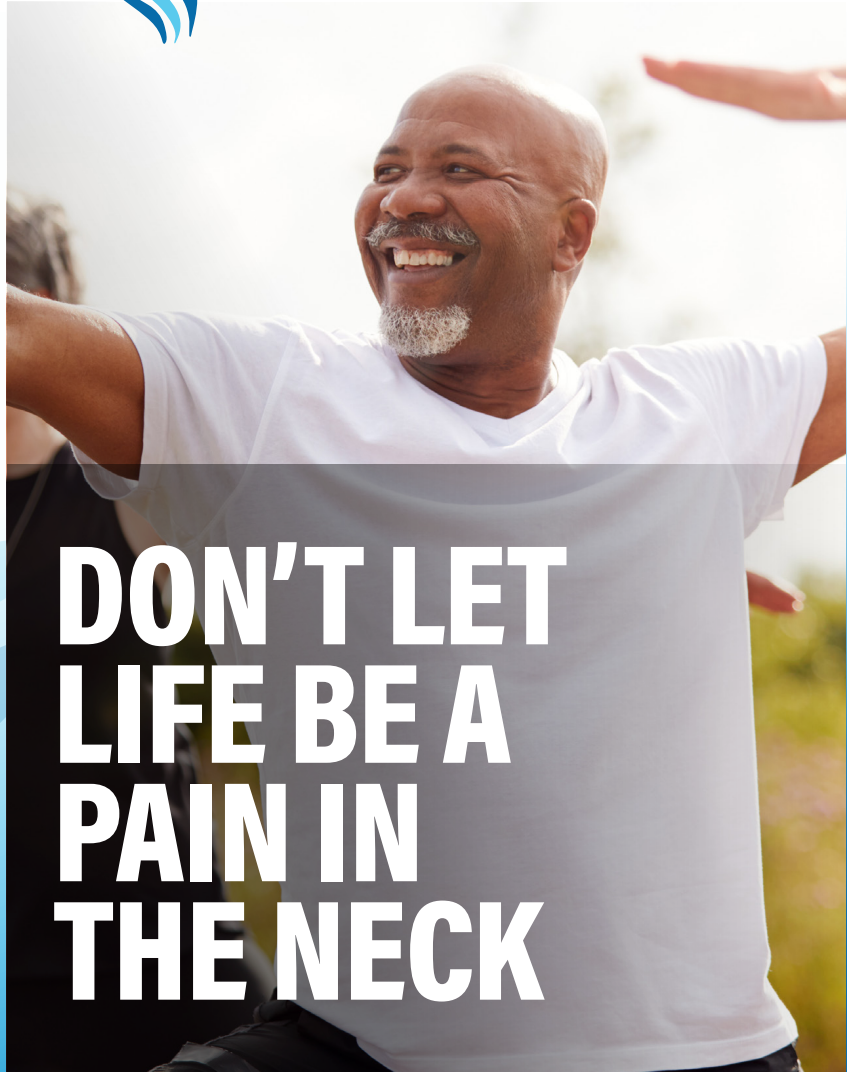




NEWSLETTER

Your #1 Resource for Greater Health and Wellness



DON'T LET LIFE BE A PAIN IN THE NECK

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Relieve Your Neck
Pain With First
Colony Aquatic

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NEWSLETTER

Your #1 Resource for Greater Health and Wellness

SAY GOODBYE TO THE PAINS IN YOUR NECK *WITH PHYSICAL THERAPY*



Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain. In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in quality of life, energy, and overall wellbeing. Fortunately physical therapy can help resolve all the pains in your neck. Contact First Colony Aquatic today to schedule your consultation.

Why does neck pain occur?

The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.
- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in

order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our neck. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on our necks can result in inflammation and contribute to our pain and headaches.



FirstColonyAquatic
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RELIEVE YOUR NECK PAIN WITH FIRST COLONY AQUATIC

Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation.

Physical therapy can significantly reduce pain by teaching you to:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.

- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help. Contact us today to schedule an appointment. At First Colony Aquatic, we are dedicated to providing you with the tools you need for recovery and relief!

Call our clinic today to schedule your appointment, and rest assured that your independence and wellbeing are our top priority!

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First Colony Aquatic
and Rehabilitation Center

OUR EXPANSION WITH SPORTS THERAPY CENTER

On July 1st, we officially entered an agreement to absorb the Sports Therapy Center into our practice. They have a long history and great reputation for providing outstanding physical therapy care at their 2225 Williams Trace Blvd location.

Barry and Paula Broman are retiring and we are happy to say they wanted a private practice like First Colony Aquatic and Rehab Center to carry on their name and work. They have been amazing in the transition period, and you would be hard pressed to find a nicer couple.

We are hoping to open in mid-August at their same location and plan to retain the Sports Therapy Center name, phone number, and web address. We have

renovated and ordered all the equipment and supplies we will need. It is now just a matter of production and delivery time on those products.

In addition to merging new and the current equipment, this location will also offer new services via sub-lessees. They are separate companies who provide Pilates and massage therapy services. Stay tuned for more details!

We look forward to this new expansion. We will now have three clinics servicing Fort Bend County helping patients to "Reclaim Their Lives". A special thanks to all of our patients— your loyalty and support has made this possible.

WORKOUTS TO DO FROM HOME



CERVICAL RETRACTION

Start by sitting up straight and looking straight ahead. Drive your head backward while keeping your chin at the same level. Do not move your chin up or down. Your chin should feel squished into your neck at the back. Push your head back forward. Repeat as directed by your physical therapist.



ROW

Hold a weight in your hand. Slightly bend your knees and bend at your waist to bring your torso forward. Make sure your back remains flat and about parallel to the floor. Pull the weight towards you. Make sure your elbows stay close to your body. Slowly return to starting position. Repeat as instructed by your physical therapist.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

Fresh Fruit and Yogurt Ice Pops

- 2 cups fresh blueberries, raspberries, strawberries and sliced bananas, mixed
- 2 cups plain or vanilla yogurt
- 1/4 cup white sugar
- 8 small paper cups
- 8 popsicle sticks



Instructions: Place the mixed blueberries, raspberries, strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired. Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup. Place the cups in the freezer for at least 5 hours. To serve, remove foil and peel off the paper cup.

SUCCESS SPOTLIGHT

“ I am very grateful for the help and education I received.”

“At the beginning of my cardiac rehabilitation I had limited strength and cardiac resilience. The approach that the staff uses addressed these problems and I am currently cleared to return to normal activities and my cardiac output has returned to normal levels. I am very grateful for the help and education I received from the staff at First Colony Aquatic and Rehabilitation Center.” – D.E.

SugarLandPT.com



MEET JULIE!

Julie Le, Office Administration

Julie was born in Vietnam and came to Houston at the age of 6. She soon came to find out that her birthday was Valentine's Day - a day that's celebrated in the US on February 14th. Julie has been working in the medical field since 2005. She has a medical assistance background and was a cardiovascular ultrasound sonographer for 15 years. She worked with Memorial Hermann system in the past and then traveled all over the country for 10 years doing mobile ultrasounds.

Julie is a proud mother of two boys, ages 15 and 2. Her main focus these days are her two boys! Family time is what she enjoys most and she is a big animal lover.

SugarLandPT.com

Check out our most recent Live Rotator Cuff & Shoulder Pain Workshop that took place on July 1st.

www.facebook.com/firstcolonyaquaticandrehabcenter/videos/

