



Creekside Physical Therapy

Rehabilitation of Cervical Dysfunction

Creekside Physical Therapy addresses the soft tissue and mechanical dysfunction of the head or neck. The goal of intervention is reduction of pain with performance of activities of daily living and work.

Diagnoses seen include:

- Headache
- TMJ
- Whiplash
- Arthritis
- Disc disease, injury, or surgery
- Strains/sprains
- Spondylosis
- Myofascial syndrome
- Cervical vertigo

Evaluation:

Patients receive a comprehensive evaluation. Assessment includes: ROM, flexibility, strength, soft tissue mobility and postural alignment.

Treatment:

Intervention is individualized to meet the needs of each patient as determined by the physician and physical therapist. Treatment may include the following:

- Modalities to decrease pain/inflammation/spasms (ultrasound, TENS, E-stim, traction)
- Therapeutic exercise
- Postural and ergonomic modification techniques
- Body mechanic instruction
- Soft tissue mobilization
- Mechanical release manipulation
- Relaxation principles
- Recommendations regarding home management and ergonomic supplies

Treatment emphasizes patient education, home exercises, and lifestyle adjustments as appropriate.

When is a referral appropriate?

You may first be evaluated by your family physician to rule out any other medical conditions. It is at that time that you can ask your physician if physical therapy intervention is appropriate to treat your symptoms.

What about insurance?

Insurance DOES COVER physical therapy for treatment of cervical dysfunction. Most policies require a signed order from a physician. Some policies will allow self referral.