



NEW LIFE PHYSICAL THERAPY AND SPORTS MEDICINE

Portage 608-742-9356

www.newlifept.com

Baraboo 608-356-2334

PHYSICAL THERAPY AND EXERCISE PROVEN A BETTER ALTERNATIVE FOR NECK AND ARM PAIN SUFFERERS

January 2009

Neck pain is one of the top 10 reasons for a patient to visit a doctor. The lead article in the most recent issue *Spine* reports on the results of a randomized clinical trial which demonstrated that patients who received manual physical therapy and exercise had twice the improvement in symptoms compared to the current guideline group. The subjects in the study experienced both short and long term improvements in their neck pain. The study compared the use of manual therapy and exercise compared to the current guidelines of advice, rest, and range of motion. The results of this study are comparable to those reported by

Hoving et al in 2002, which also demonstrated that manual physical therapy and exercise resulted in excellent clinical results in the treatment of neck pain while also providing a significant cost savings compared to usual physician care (Kothals-de Bos et al 2003). Manual physical therapy includes the use of hands-on techniques including joint and soft-tissue mobilization, designed to restore motion and reduce pain. Hurwitz et al (2008) concluded in a systematic review on neck pain also in the journal *Spine*, "Our best evidence synthesis suggests that therapies involving manual therapy and exercise are more effective than

alternative strategies for patients with neck pain."

This study broadens the base and depth of evidence that manual physical therapy is the first line treatment for patients suffering from neck and arm pain. If you have patients suffering neck or back pain or the aches and pains of musculoskeletal problems, refer them to a manual physical therapist today. For questions on manual physical therapy, contact:

Matthew VanderKooi Owner
New Life Physical Therapy & Sports
Medicine

Phone: 608-742-9356

Email: mattv@newlifept.com

"Transitions Lifestyle System" Weight Management Program

If you have patients that would benefit from weight loss, contact Karen Neff at:

Call
608-358-2558

CERVICAL TRACTION STUDY

New Life Physical Therapy and Sports Medicine Inc is participating in a cervical traction study for patients with cervical radiculopathy to determine if home supine cervical traction is more effective than over-the-door cervical traction. **Patients with cer-**

vical radiculopathy will be given a cervical traction unit to use free of cost during the study duration. Patients will continue their regular course of physical therapy in addition to utilization of the home traction unit. If you have individuals

presenting with these symptoms, please consider this opportunity as another tool to promote your patients' return to their highest level of function.

www.newlifept.com