



Let us help you move forward.

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## NECK PAIN???

Q: “I woke up with a “KINK” in my neck 3 days ago and it hasn’t gone away. Can **PHYSICAL THERAPY** help me?”

A: *This is a common question... and one we hear from a lot of people.*

Before we answer this for you... we want to walk you through a Simple Test... we will call it the “Neck Pain Audit.” And it will give us the answer if PT can help you or not...

### Part 1: The “ Changing Lanes and Backing Your Car Up” Test

1. Sit in a chair keeping good posture.
2. Turn your head to the right as far as you can.
3. Turn your head to the left as far as you can.

Is it harder to turn one way or the other? Or are they the same?

If you felt pain, soreness, or stiffness turning your head, then write it down here:

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Alright, next:

### Part 2: The “YES” Head Nod Test

1. Sit in a chair keeping good posture.
2. Look up as far as you can. (Tilt your head back like a PEZ dispenser.)
3. Look down as far as you can. (Try to touch your chin to your chest.)

Did you have any pain, soreness, or stiffness? If so, then write it down here... note what you felt and what movement it was with. (For example, “A deep ache in my right shoulder when I tucked my chin to my chest. Felt stiff.”

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Continued ...



### Part 3: The “Holding the Phone” Between Your Shoulder and Ear Test

1. Sit in a chair keeping good posture.
2. Tilt your head to the right. (Right ear to right shoulder... don’t scrunch your shoulder up.)
3. Tilt your head to the left. (Same thing to the other side.)

Was one side tighter than the other? Write down what you felt here:

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Now that the test is done... let’s take a look at this. A really simple rule we use in PT is: If the pain is “Reproducible”... then it’s “Reducible”. This means that if one of these movements made your neck pain, soreness, or stiffness worse... then there’s a good chance we can help you in Physical Therapy.

#### So Here’s What To Do Next:

If you want to get rid of that kink in your neck... so it doesn’t bother you at work... or so you can sleep without it waking you up... or so you can drive your car SAFELY... then email or call us.

In the email subject line write: “Neck Pain Audit”

Then in the email, just tell us your story. Be sure to include what you wrote down in the 3 Parts above... it will help us get a better picture of what you have going on. We’ll be able to help you better and get rid of your neck pain and stiffness naturally or you can call (973) 400-3730 and tell us your story over the phone.

Talk to you soon,

*Hanna Vazquez and Danny Prata*

Doctor of Physical Therapy  
Board-Certified Orthopedic Clinical Specialists

**P.S** Can you do us a favor? If you have a friend or co-worker who you see rubbing their neck... AND you want to help them... then give them this sheet. If you need more copies, pop in and grab one.