



The M&M Motion Minute

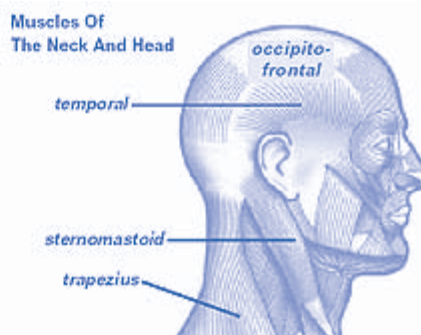
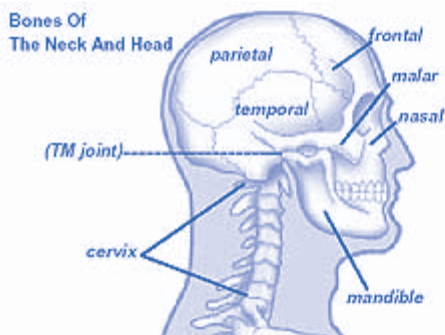
Neck Pain

Most people will experience neck pain at some point in their life. There are many types of neck pain with a large variety of causes. We generally try to classify neck pain into two classes: Acute or chronic. Acute neck pain generally lasts for

a couple of hours up to a couple of weeks. Chronic neck pain is pain that lasts for longer than several weeks, or recurs frequently for months or even years.

The most important consideration in treating

neck pain is determining the cause. In the case of trauma, like falls, car accidents, or bumps on the head it is important that you seek medical attention right away. Very serious conditions can initially present {cont'd pg. 3}



GOVERNMENT OFFICIALS HONOR M & M PHYSICAL THERAPY

M & M Physical Therapy was honored last month by Milwaukee County Board Chairman Lee Holloway, State Senator Jeff Plale, State Representative Mark Honadel and The South Milwaukee Chamber of Commerce with the Golden Key Award. The Golden Key is awarded to the 'Business of the Year'

in South Milwaukee for outstanding service to members of the community. Melissa accepted the award with a thank you to the community of South Milwaukee. She credits her success to operating our clinic with the priority of helping our patients rather than on the financial bottom line. She feels that this

community, in particular, appreciates a sincere, honest business with the goal of helping people.



Inside this issue:

Neck Pain	1
Special Honor for M & M PT	1
Exercise of the Month	2
Acupuncture	2
Shish Kebob!	4

M&M PT Can Help With:

- Fibromyalgia
- TMJD (tempromandibular joint disease)
- Headaches/whiplash/cervical pain
- Rotator cuff and shoulder injuries
- Golf/tennis elbow, carpal tunnel
- Low back pain, sciatica, sacroiliac pain, hip pain
- Knee/ankle injuries and disorders
- And More

Alternative therapies offered in the lower level

Through

Integrative Acupuncture Therapy LLC

See Page 4 for coupon

Muscle Pain & Joint Pain

Dull, aching, stabbing,
or chronic Pain

Neuropathy Pain

Numbness, burning,

Decrease Pain of All Types

Andrea Rogosienski, MSOM, L.Ac

414-852-1564

info@integrativeacutheraPy.com

Shish Kebab!

Try this marinade for your next summer BBQ

- 1 chopped onion
- 1 cup honey
- 1/2 cup teriyaki sauce
- 2 tbsp chili powder
- 1/3 cup Tabasco sauce
- 1 tsp salt
- 1 cup sugar
- the juice from 1 lemon
- 2 fresh peppers

Mix the ingredients in the blender for 30-50 seconds, or until well blended.

Exercise of the Month **Shoulder Retraction**

Scapular retraction is a great exercise for those of us who sit at a computer or desk for extended periods of time. People who drive for a living or have to do repetitive tasks at work are also susceptible to neck and upper back pain. The pain can be a result of a one-time strain put on the muscles or from the chronic postural strain put on the musculature and joints in the region. In either case, in treatment of these injuries, we strive to improve the strength of the shoulder blade muscles and improve the flexibility of the chest muscles. This exercise is a quick and easy way to accomplish both. It's an exercise which should be used to prevent postural strain and aid in postural re-education.



The exercise can be used with or without the resistance band. If you'd like to try the band, stop in to our office and we'll show you how, and give you the appropriate band.

{From Pg 1} as only minor neck pain. In general a set of x-rays is indicated in neck pain that is a result of direct trauma to the head or neck. One of the most common causes of chronic neck pain and headaches is postural strain. This may arise from poor postural habits at your desk or workstation, or from repetitive tasks that require an unusual positioning of your neck, like painting a ceiling or reading in bed, for example. Sleeping position and the pillow that you use certainly can be a factor in neck pain as well. The American Physical Therapy Association offers the following hints for sleeping:

- Try doing stretching exercises before bed and first thing in the morning
- Don't sleep on your stomach-this position puts great pressure on the neck
- Don't "over-pillow" your neck; keep your neck and spine in a neutral position.

Sleeping Position



The correct pillow should keep your spine straight and your neck in a "neutral" position.



Chronic neck pain may be related to osteoarthritis. We all experience some degree of arthritic and degenerative changes of the spine and its joints as we age. Degenerative changes vary from person to person depending on heredity, a lifetime of postural strain and the all the little injuries and strains over

the years. People with neck pain due to arthritic conditions almost always experience stiffness and loss of range of motion.

While there are too many causes for headaches to mention them all here, strain on the neck muscles or degenerative changes is a very common cause. These headaches are also very treatable. If your headaches generally start at the back of your head, and there is tenderness at the base of your skull or behind your ears, your headaches may be from tightness in the neck muscles. If you have a severe headache or one that persists for more than a few days, you should, of course, seek help from your doctor.

Arm pain can sometimes be caused by a problem in the neck. Impingement of the nerves that exit the spine in the neck causes symptoms in the arms, including pain, numbness, tingling and in some cases weakness. These problems can range from mild to severe, but do not take these symptoms lightly. See a doctor or a physical therapist right away, to prevent the condition from progressing, and to rule out other potential causes.

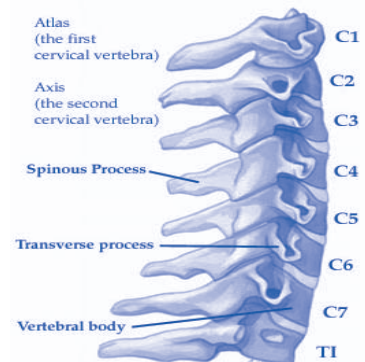
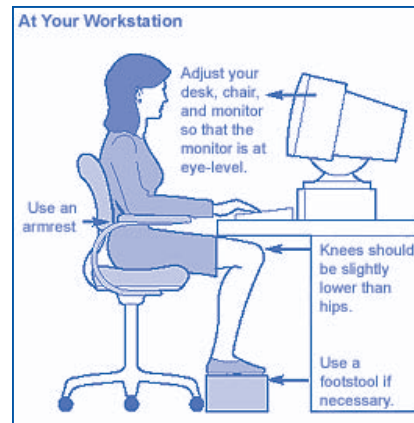
How can M&M Physical therapy help you with your neck pain? We always begin with a detailed history and physical examination of the problem to pinpoint the cause of your symptoms. If trauma or a disease is suspected, we will closely work with your physician on managing your pain. After the

causes have been identified, we will create a plan of care that may involve massage, manual therapy, and exercises for flexibility, strength, stability, and restoration of range of motion. Other options include ice, heat, ultrasound or traction. Much evidence suggests that low-impact aerobic exercise such

as swimming, walking, and stationary bicycling may also be helpful in decreasing neck pain. Larry or Melissa can help design a pain-free exercise program just for you.

Once your physical therapy goals are met, we will help you continue therapy on your own with a home program designed to fit your needs. The goal of physical therapy is to return you to normal activity as quickly as possible, with the knowledge you need to minimize or eliminate your problem, and keep degenerative problems from progressing.

If you are experiencing neck pain, give us a call. We can help you determine if physical therapy can help you or if other treatment may be necessary.



M & M Physical Therapy

1333 E. College Ave
South Milwaukee, WI 53172

Phone: (414) 571-9146

Fax: (414) 571-9147

Email:

mmpt1333@sbcglobal.net



**Healthcare With A Personal
Touch**

PRSR STD
AUTO
U.S. POSTAGE PAID
SO. MILW., WI
PERMIT NO. 2

Anytime Fitness Blood Drive

Thursday July 30th

3:30—7:30pm

M & M Physical Therapy is teaming up with Anytime Fitness in Cudahy to provide free injury and pain assessments. Melissa or Larry will be available to answer questions and offer suggestions for managing pain with exercise or therapeutic activities. Call us at 571-9146 for more information

**Buy One 4 oz Tube of Biofreeze
Pain Relieving gel**

And

**Get a 4 oz Biofreeze Roll-On for
1/2 price**

Good only while supplies of roll-on last.

Expires 9/1/09.

FREE Initial

Acupuncture Consult

(\$70 Value)

Exp. July 31, 2009

Integrative Acupuncture Therapy

Andrea Rogosienski, MSOM, L.Ac

414-852-1564

info@integrativeacuthera.com

Biofreeze is a pain relieving ointment that many of our patients find beneficial in soothing muscle or joint aches. When patients see the bottles in our clinic they often ask us how well it works. The truth is that it works quite well in the short term for relieving, or at least 'taking the edge off the pain.' However, it is important to remember that it does not solve any problems, it only helps soothe the pain. If you do nothing else to address the cause of your pain, you will get no long term benefit. We have free samples of biofreeze available in the clinic.