



Performance For Life

NEWSLETTER

Find Relief For Your Neck Pain By Seeking Treatment At Achieve Therapy & Fitness

Have you been experiencing discomfort and pain in your neck during the day when you're running around, trying to keep up with your busy schedule? What about at night, when you're in bed trying to get comfortable enough to fall asleep? You might be experiencing chronic headaches, weakness in your arms, or have a hard time sitting upright for long periods.

Where is this pain coming from? Why is it so severe? And how are you going to get to the bottom of it? These are all questions that the skilled physical therapists at Achieve Therapy & Fitness can help you to solve.

You don't have to continue searching the internet for quick fixes for your problem. Your pain relief journey starts here!

Open the Newsletter to Read More! >>



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- Don't Let Your Health Benefits Go To Waste



www.achieve-therapy.com



Look Up To Relief From Neck Pain!

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Why does my neck hurt?

Have you been experiencing these symptoms?

- Headaches
- Numbness or tingling into the upper extremities
- Inability to fully stand up or sit up straight
- Loss of sleep due to pain and discomfort
- Arm weakness
- Stiffness and muscle tightness in the upper body

If you're nodding your head and wincing because it hurts to even do that, chances are that you have suffered from a neck injury of some sort.

There are a large number of culprits that could be behind your experience of neck pain, including events such as a car accident or a slip-and-fall accident, as well

as sporting injuries. The reason why neck pain frequently becomes so severe is that blood vessels have to pass through your neck to reach the head.

A spasm in the neck muscles could lead to constricted blood circulation, and therefore migraine headaches. What's worse, since the neck is connected to the spinal column and therefore connected to the nervous system, pain in the neck can quickly develop into tingling or numbness in the hands, arms, and fingers, which can be uncomfortable and frustrating when you are going about daily tasks.

When neck pain develops as a result of a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine headaches. The pinched nerve can cause pain to radiate from the neck into the skull and can disrupt the typical nerve pattern.

If you're experiencing chronic pain in your neck, know that there are safer options than surgery and medication that are available to you to combat your discomfort! The answer lies at our clinic, with our physical therapy team.

[Turn the Page to Read More >>](#)

Don't Let Your Health Benefits Go To Waste



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022. Contact us today to schedule your appointment.

www.achieve-therapy.com

Healthy Recipe Sicilian Eggplant Caponata

Ingredients

- 3 tbsp golden raisins
- 1 1/2 tbsp red wine vinegar
- 2 tbsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tbsp chopped drained capers
- 1/4 tsp crushed red pepper
- 2 tsp chopped fresh mint

Directions Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Source: <https://www.cookinglight.com/recipes/eggplant-caponata>



Therapy Can Aid In Post-COVID-19 Recovery

Here at Achieve Therapy & Fitness, we offer methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

We want to inform you that the patients recovering from COVID-19 at our clinic are **no longer sick or contagious**, and we are still taking the necessary precautions to prevent the spread of the virus. If you are experiencing lasting side effects of the virus, give us a call to learn more about how our therapists can aid in your recovery.

How can therapy help with recovery? Some common physical conditions we are seeing in people recovering from COVID19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing
- Memory problems
- Difficulty with word-finding
- Cognitive changes

Regardless of what the cause for your condition is, our physical therapists at Achieve Therapy & Fitness can help with recovery through the following types of training and exercise programs:

- Aerobic exercise and reconditioning for improved pulmonary health
- Stretching
- Endurance training
- And more

It doesn't matter if you've been experiencing the above mentioned lingering side effects from COVID-19 or another illness altogether; therapeutic intervention may benefit you and help you get back to living as normally as possible. **Call Achieve Therapy & Fitness today to set up an appointment and learn more about what we're doing to prevent the spread of COVID-19.**

Live. Work. Play.



Achieve Therapy & Fitness would like to congratulate our Billing Coordinator Bri on her recent nuptials. We wish the happiest of marriages for Bri and Ben!

Has Your Pain Come Back? Call us at 866.320.3562 or visit achieve-therapy.com today!

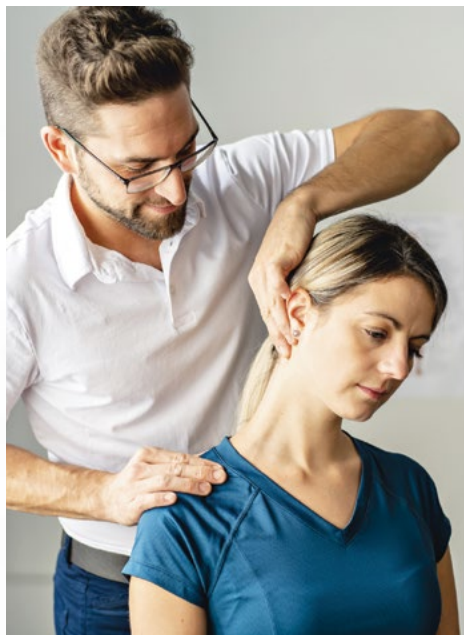
How Can Achieve Therapy & Fitness Help Me Find Relief?

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Achieve Therapy & Fitness uses a gentle, hands-on approach without the use of ice packs or loud machines. We believe that for you to heal, you need to be in a different environment than the one you were injured in. The more relaxed a patient is during treatment, the better! A majority of our clients fall asleep during the session and tell us they feel a deep sense of relaxation and peace as well as a lasting therapeutic benefit from their treatment.

Each patient scheduled for treatment will receive their therapist's full attention. The main focus is your health and wellness goals. We'll take down notes on your medical history, listen to your story and issues, study your bodies' needs, and then work with our hands to improve the quality of your life.

We know which methods will be best for your recovery and we'll work together with you to understand the objectives and your overall expectations of therapy. The main goal is to get rid of your neck pain as soon as possible!



Call Us Today

866-320-3562

Exercises of the Month

Use These Exercises to Keep You Moving!

CHIN TILT

Stand or sit with good posture and your arms crossed over your chest. Slowly tilt your chin up and towards one side, then return to a neutral start position. Repeat ten times on in each direction.



SIDE NECK STRETCH

Place one hand on the side of your head, then pull your head towards your shoulder. Hold for 15 seconds and repeat on both sides.



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