



NEWSLETTER

HELPING YOU MOVE THROUGH LIFE PAIN-FREE!

July 2024



Alleviate Persistent Neck Pain With Physical Therapy

Have you ever had one of those days at work or school when your neck just won't stop bothering you? Or maybe turning your head to check for cars is difficult or painful. Neck pain can really impact your day and make life less enjoyable. Good news! At Achieve Therapy, we've got a team that knows just how to help you feel better and give you tips to keep the pain away.

Most of the time, neck pain happens because there's something wrong with a muscle or joint. Figuring out what the real source is can be difficult, but with the help of our experienced therapists, you can get to the root of your problems, and more importantly get the solutions you're looking for.

Our therapists will use treatments like specific stretches, hands-on techniques, and strength exercises that are tailored for immediate and lasting relief. Our ultimate goal? To help you return to a life you can enjoy to the fullest.

Take action today! Request an appointment and set the wheels in motion for the lasting relief you deserve.

Source of Neck Pain: Causes & Symptoms

Neck pain is a multifaceted condition, and its origins can vary widely from person to person. Whether your discomfort starts from an unfortunate car accident or something that seems insignificant, like maintaining an improper posture while working at your desk, our team can help. What may appear to be a minor issue, such as a recurring crick in your neck, could potentially develop into a chronic issue that disrupts your daily life. For some individuals, the issue lies deeper within the structure of the spine (for example, changes to the discs, the cushions between vertebrae). Disc degeneration can lead to pain and difficulty moving the neck. Whereas problems such as bulging or herniated discs can be particularly painful and can even lead to nerve compression. This often results in additional symptoms such as sharp, radiating pain or numbness extending into the shoulders or arms. Luckily, our physical therapists are skilled at identifying these contributing factors and formulating an effective treatment plan tailored to alleviate your specific symptoms.

Visit us online at achieve-therapy.com or call the clinic nearest you.

Columbia

1425 S Columbia Rd.,
Grand Forks, ND 58201
701.409.1614

East Grand Forks

1421 Central Ave. NW,
East Grand Forks, MN 56721
218.316.7798

Park Rapids

110 Pleasant Ave S.
Park Rapids, MN 56470
218.216.2491



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Physical Therapy: Your Pathway to Relief

We'll start with a comprehensive evaluation, including gathering as much information about your health, previous history of neck pain, and information about your most recent episode.

Next, we'll conduct a physical examination, including a hands-on assessment of your neck and upper back muscles. We'll assess your posture and movement patterns to identify any restrictions or limitations contributing to your pain.

Our treatment programs are built on several key elements, all aimed at facilitating the health of your neck:

- **Posture Correction:** Poor posture is a significant contributor to neck pain. Working with you, our therapists will guide you through the steps to correct your posture, effectively alleviating muscle strain on your neck and shoulders.
- **Hands-on Therapy and Custom Exercises:** Our expert therapists use specialized manual treatments to free up restrictions and alleviate tension in soft tissues. We'll also develop personalized exercise routines aimed at targeting the source of your pain to improve mobility and strength.

- **Ergonomic Evaluation:** Our therapists will provide practical recommendations for your work and home environments that can help minimize any physical strain on your neck and shoulders. We will also introduce you to stress-minimizing methods that can be seamlessly integrated into your work life.

We are committed to working closely with you to craft effective, proactive programs to restore mobility and contribute to overall well-being.

Ready to Take the First Step Toward a Pain-Free Neck?

Don't let neck pain hold you back any longer. At Achieve Therapy, our team of experts is here to give you the personalized help you need to feel better and stay that way. Let's work together to create a plan that fits you perfectly.

Contact us today to schedule your appointment with our amazing physical therapists and start your journey to a more comfortable, pain-free life!

Sources: <https://www.jospt.org/doi/10.2519/jospt.2017.0302> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>



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Yummy Recipe: Sushi Bowls

Ingredients:

- 2 c short grain white rice
- 2 cups water
- 2 tbsp rice vinegar
- 2 tbsp sugar
- 1 tsp salt
- 8 oz imitation crab
- 1 carrot
- 1 cucumber
- 1 avocado
- 1 pack nori snack

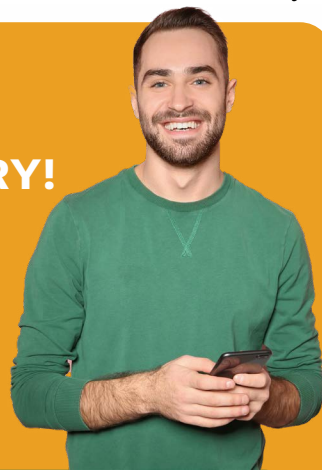
- 1 tbsp sesame seeds
- 4 tbsp mayonnaise
- 2 tbsp sriracha



Directions: Place the uncooked short grain rice in a medium sauce pot. Rinse the rice well and drain off as much water as possible. Add 2 cups of fresh water, place a lid on the pot, and bring to a boil over high heat. Once boiling, turn the heat down to low and let simmer for 15 minutes. After 15 minutes, turn the heat off and let the rice rest, undisturbed and with the lid in place, for 10 additional minutes. To prepare the sushi rice dressing, combine the rice vinegar, sugar, and salt in a small bowl. Stir until the sugar is dissolved. If needed, microwave for 15-30 seconds to help the sugar dissolve. While the rice is cooking, prepare the toppings. Shred or chop the imitation crab, shred or julienne the carrot, slice the avocado, slice the cucumber, and break the nori snacks into smaller pieces. Stir together the mayonnaise and sriracha in a small bowl. When the rice is finished cooking, sprinkle about 1/4 of the vinegar dressing over the rice, then gently fold or stir the rice to combine. Repeat the process until all of the vinegar dressing has been incorporated into the rice. To build your sushi bowls, place about 1 cup of the seasoned sushi rice in a bowl, then top with crab stick, carrot, cucumber, avocado, a few pieces of nori, a pinch of sesame seeds, and a drizzle of the sriracha mayo.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review of our clinic. Sharing your experience can help us help more people in the community. We look forward to hearing from you!



[CLICK HERE TO LEAVE YOUR REVIEW](#)

Personal Training At Columbia

Thank you for your interest in personal training with Achieve Therapy and Fitness! We strive to provide a continuation of care to get you back to your best life possible. Our personal trainers have open dialogue with your Achieve physical therapist to ensure that you continue to build upon the progress you have been making. Whether you need detailed instructions on proper form or you want the accountability to keep consistent with your exercises, we are dedicated to helping you succeed in your fitness and mobility goals!

Visit us at our Columbia location for a tour of the gym or simply sign up for a package at the front desk at any of our locations!

You will receive a \$50 gift card to put towards your first package if you sign up within 30 days of discharge from your physical therapist. We hope to see you soon!

Personal Training Rates

	Single	Duo	Trio	Quad
5 30 Min Session	\$30	\$27	\$26	\$24
5 60 Min Session	\$60	\$54	\$51	\$48
5 30 Min Sessions	\$135	\$122	\$115	\$108
5 60 Min Sessions	\$270	\$243	\$230	\$216
10 30 Min Sessions	\$240	\$216	\$204	\$192
10 60 Min Sessions	\$480	\$432	\$408	\$384



Get Started At Columbia Today!

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FREE WORKSHOPS

PARK RAPIDS (AT PARK RAPIDS LIBRARY):

July 2024 | Laser appointments & free screen

GRAND FORKS:

July 9th 2024 | 5:30 PM | Hip Pain

August 20th 2024 | 5:30 PM | Pelvic Floor (Kelly Pratt NP)



[CLICK HERE TO REGISTER!](#)

Staff Birthdays & Work Anniversaries

Birthdays

Leah Puetz | July 8th

Nicole Chine | July 25th

Anniversaries

Paul Funk | 4 years

Joann Bjorkstrand | 6 years



Staff Member Of The Month Kacee White



Kacee is a native of Valley City, ND and graduated from the University of North Dakota with her Doctor of Physical Therapy in 2024. Kacee lives in Grand Forks with her fiancé, Cole. In her free time, she enjoys working out, outdoor activities, traveling, being at the lake, and spending time with family and friends. Kacee will be joining the Achieve Therapy team in East Grand Forks, MN.

Member Of The Month Dan Kurtz



"I started at Achieve Therapy in July of 2017. I was recently retired and noticed that my knees had been hurting. Working out made them feel 100% better, so I continued to go 4 to 5 days a week. I noticed improvement in not just my knees, but in my overall health. The therapists were very helpful in setting up a workout regimen and the front staff always made me feel welcome. I saw Tom for therapy on my leg and he has been very helpful and encouraging. And

Kindra always makes sure that I do my exercises. It's been great getting to know other people while working out. I would highly recommend Achieve for therapy and as a great place to work out."



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