



## CHECK OUT OUR NEW SOUTH JORDAN CLINIC LOCATION!

Beyond Limits Physical Therapy is happy to announce the South Jordan Clinic location is now up and running. It is located inside the Copperview Medical building just off of Bangerter Hwy. at **3556 W 9800 S, Suite 103, South Jordan, UT 84095**

**Call today to make an appointment at the new South Jordan Clinic and see how the Physical Therapists at Beyond Limits can help you get back to the activities you enjoy – pain free.**

**South Jourdan – 801-878-9868**

### INSIDE:

- Is Your Digital Lifestyle Affecting Your Posture?\*
- Patient Success Spotlight
- Relieve Pain In Minutes



## SAY GOODBYE TO THE PAINS IN YOUR NECK WITH PHYSICAL THERAPY

Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in quality of life, energy, and overall wellbeing. Fortunately physical therapy can help resolve all the pains in your neck. Contact Beyond Limits Physical Therapy today to schedule your consultation.

**Why Does Neck Pain Occur?** "The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.

- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our neck. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.

*(Continued inside.)*

*(Continued from outside.)*

**Relieve your neck pain with Beyond Limits Physical Therapy:** Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas, in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as ice and heat therapies, ultrasound, or electrical stimulation.

Physical therapy can help significantly reduce your neck pain by implementing the following benefits:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.
- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. **If your neck pain has been limiting your daily life, don't wait any longer to seek help. Contact us today to schedule an appointment. At Beyond Limits Physical Therapy, we are dedicated to providing you with the tools you need for recovery and relief!**



Poor posture is something we normally do not think of as a contributor to neck and back pain. However, in our era of constantly being on smart phones, tablets, and computers, we often put our necks and backs in positions of prolonged stress. Over time, this contributes to increased stress to our vertebrae, disc and muscles supporting the spine.

Text neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Of course, this posture of bending your neck to look down does not occur only when texting. For years, we've all looked down to read. The problem with texting is that it adds one more activity that causes us to look down—and people tend to do it for much longer periods. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.

We often see patients who have suffered from back and neck pain for years who could have been treated very easily when the pain started with simple postural corrections and stretches.

**If you have been suffering from back or neck pain, come see one of our therapists for an assessment of what is contributing to your pain.**

## FRESH CORN CAKES WITH SUMMER SALSA

### INGREDIENTS

- ¾ cup white whole-wheat flour
- ½ cup plain yellow cornmeal
- 2 tsp baking powder
- ¾ tsp kosher salt
- ½ tsp black pepper
- 1 cup light sour cream
- 2 large eggs
- 2 tbsp olive oil
- 1 ¼ cups fresh corn kernels
- 2 tbsp minced jalapeño
- ½ cup diced yellow squash
- ¼ cup chopped green onions
- ¼ cup chopped basil
- 1 ½ tsp white wine vinegar
- 1 medium tomato, chopped

**DIRECTIONS** Combine flour, cornmeal, baking powder, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Combine sour cream, eggs, and 1 tablespoon oil in a bowl, stirring until smooth. Add sour cream mixture, corn, and jalapeño to flour mixture; stir just until combined. Heat a large nonstick griddle over medium-high heat. Divide corn mixture into 8 equal portions (about 1/3 cup each); shape into patties. Add patties to griddle; cook 6 minutes on each side. Combine squash, green onions, basil, vinegar, tomato, remaining 1 tablespoon oil, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper in a bowl; toss. Place 2 corn cakes on each of 4 plates; top evenly with salsa.

<https://www.myrecipes.com/recipe/fresh-corn-cakes-summer-salsa>



# CALL TODAY TO SCHEDULE YOUR APPOINTMENT!

HERRIMAN: (801) 302-7232 • EAGLE MOUNTAIN: (801) 789-7333 • SOUTH JORDAN: (801) 878-9868

## FUN & GAMES: SUDOKU

4			8			9		2
				7	6		4	
5						3		
9						1	5	
7			2	1	9			8
	8	1						9
		4						3
	7		5	6				
8		5			1			7

<http://1.sudoku.com>

n° 228901 - Level Medium

## Relieve Pain In Minutes

Try this movement if you are in pain.

Good stretch if you sit at a computer all day.

EXERCISES COPYRIGHT OF  
 SimpleSet Pro  
[WWW.SIMPLESET.NET](http://WWW.SIMPLESET.NET)

### LEVATOR SCAPULAE STRETCH (OVERPRESSURE)

Sit in a chair with the hand on the side of the neck to be stretched beneath you. (Alternatively, you can grab under the chair.) Use your free hand to gently pull your nose down toward your armpit so as to give your neck an extra stretch. Hold for 5-10 seconds before relaxing the muscle for another 5-10 seconds. Repeat 2-3 times.



## Patient Success Spotlight

**“They were my first choice because they are closest to my home, but now they are my first choice because of the care they provide.”**

“I was referred to physical therapy by an emergency room physician, and found Beyond Limits on the web. They were my first choice because they are closest to my home, but now they are my first choice because of the care they provide. I was impressed with the thoroughness, professionalism, and personalized attention provided. My back was the initial complaint, but they were able to provide relief not only for my back but also for my shoulder, which had been bothering me for a while. Kasha was the therapist who helped me most regularly. I would recommend her and Beyond Limits to anyone needing physical therapy.” -D.N.

15 MINUTE PHYSICAL THERAPY

# CONSULTATION

FREE

BIG

DEAL



\* consultations do not involve a physical therapy evaluation or treatment.

Suffering from aches and pains? Give us a call to schedule an appointment today!

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