

About 21st Century Rehab

21st Century Rehab is dedicated to you, and in providing the utmost of patient-centered care. Whether you need intensive rehabilitation after a sport injury or surgery, or occupational health services for your employees, or quick recovery from back or neck pain, you'll find the services you need at 21st Century Rehab. We look forward to becoming a resource for your good health...now and after your therapy is over.

Our staff of physical, occupational, and speech therapists and certified athletic trainers provides treatment for the following injuries:

- Arm, Wrist or Hand Problems
- Carpal Tunnel Syndrome
- Pain and/or Dysfunction Related to Arthritis
- Balance Impairments or Vertigo
- Post-Surgical Rehabilitation
- Athletic Injuries
- Occupational Health (Consultation, Risk Reduction Services and Treatment of Work-Related Injuries)
- Back, Neck and Shoulder Pain
- Hip, Knee, Ankle or Foot Pain
- TMJ Disorders, Headaches, or Facial Pain



LOCATIONS

www.21stcenturyrehab.com

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Fax: 515-382-1576
Toll Free: 1-877-21REHAB

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Altoona, IA 50009
Ph: 515-967-4124
Fax: 515-967-9094

270 SW 1st Street
Suite H
Grimes, IA 50111
Ph: 515-986-9667
Fax: 515-986-9642

Indianola Physical Therapy
1507 N. 1st Street
Indianola, IA 50125
Ph: 515-961-7435
Fax: 515-961-7436

Dallas County Hospital
610 Tenth Street
Perry, IA 50220
Ph: 515-465-7672
Fax: 515-465-7655

Hamilton Hospital
800 Ohio Street
Webster City, IA 50595
Ph: 515-832-7735
Fax: 515-832-9420

Story County Medical Center
630 Sixth Street
Nevada, IA 50201
Ph: 515-382-2543
Fax: 515-382-7171
Toll Free: 1-888-522-9820



**21stCENTURY
REHAB**

Work well. Play well. Live well.

NECK PAIN HEADACHES TMJ





Possible Causes Of Neck Pain And Headaches

One of the most common causes of neck pain, and sometimes headaches, is poor posture. It's easy to get into bad posture habits without even realizing it – even an activity as “innocent” as reading in bed can ultimately lead to pain, headaches, and more serious problems.

The basic rule is simple: keep your neck in a “neutral” position whenever possible. In other words, don't bend or hunch your neck forward for long periods. Also, try not to sit in one position for a long time. If you must sit for an extended period, make sure your posture is good: Keep your head in a neutral position, make sure your back is supported, keep your knees slightly lower than your hips, and rest your arms if possible.

Your sleeping position is a possible source of neck problems. Does your pillow cause you to sleep with your neck at an angle, either too high or too low? If so, you may want to invest in a new pillow. Feather pillows are generally preferable to foam; they conform easily to the shape of the neck.

The neutral position rule also holds true for people who spend time working at computer terminals. Again, don't bend your neck forward. Adjust your desk, monitor, and chair to a comfortable height, so that the monitor is at eye level and your knees are slightly lower than your hips. Some people find that a footstool helps in attaining this correct position. Sit close enough to the monitor so that you don't have to bend forward in order to see well. Use the chair's armrests—your arms need support. Wear your eyeglasses if necessary. Consult your physical therapist to find the set-up that is right for you.

You should also follow the neutral position rule when driving a car. Adjust the seat to bring you close enough to the pedals so that you don't have to extend your neck forward.

TMJ Disorders

The TMJ- temporomandibular joint – is the joint at which the jaw is hinged to the skull. Painful TMJ problems occur in people who overuse or abuse this joint through teeth grinding, constant clenching and unclenching of the jaw, or excessive gum chewing. Sometimes people are born with a misalignment of the jaw that can bring on similar symptoms.

Because the neck and the TMJ are so closely connected, the TMJ can cause neck pain – and vice versa. In some cases a dentist may need to create an oral retainer to allow the joint to rest and let healing begin and to protect the teeth from the effects of grinding. After that, a physical therapist can help minimize the pain in the jaw or neck through a custom-designed exercise program to improve posture and help you stop bad habits.

Migraine Headaches

True migraine headaches are most likely the result of problems affecting the blood vessels in the head, or of an allergic reaction. However, many other types of headaches can mimic migraines and are often misdiagnosed. Some of these originate in the neck or jaw, such as the TMJ disorders mentioned above.

If you don't have all the symptoms of migraines – nausea, problems with vision, and pain – get a second opinion, particularly if the pain is triggered by motion of the neck. If you don't have a true migraine, a physical therapist can help diagnose the actual source of the pain. Once an evaluation is made, your physical therapist will help you create a comfortable and appropriate home and work environment and will design a program of rest (if needed) and exercise. If the source of your headache is in the TMJ (jaw) area, your physical therapist may consult with your dentist and work together to design the best plan of care for your jaw and headaches.



Other Kinds Of Headaches

Most people know from experience that emotional stress can cause headaches. These “simple” headaches can be treated in a variety of ways, from taking nonprescription pain relievers to practicing meditation. Most simple headaches will go away by themselves; however, if the headache is persistent or recurring, make sure that neck strain, poor posture, or eye-strain isn't the culprit. If your headache is severe or persists for more than a few days, it is important to seek professional attention right away. Sometimes muscles in the back of the neck can irritate nerves in the head, causing a headache. If you are having headaches, a physical therapist will first make a careful evaluation of your problem (often in consultation with a physician). After pinpointing the problem, he or she will design a program of rest, exercise, stretching, and other treatments that are very effective in eliminating the cause of your headaches.

How Physical Therapy Can Help

Physical therapy always begins with a detailed history and evaluation of the problem. Your physical therapist will take many things into account, including your age, general health, occupation, and lifestyle. If major trauma or disease is involved, your physical therapist will work with you in consultation with a physician.

After a diagnosis has been made, your physical therapist may choose from a range of treatment options, including exercises for flexibility, strength, stability, and restoration of range of motion. Other options include ice, heat, electrical stimulation, traction or mobilization, and manual therapy. Your physical therapist may also analyze your home and work environment in order to ensure that you're not re-injuring yourself. A physical therapist can design a pain-free exercise program just for you.