

Spine West Physicians:

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People still ask: What is a Physiatrist?

Physiatrists, or rehabilitation physicians, are medical doctors who are:

- Experts at diagnosing and treating pain
- Restore maximum function lost through injury, illness or disabling conditions
- Treat the whole person, not just the problem area
- Lead a team of medical professionals
- Provide non-surgical treatments
- Explain your medical problems and treatment plan
- Work not only on treatment but also prevention

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What a pain in the neck!!!

Here are a few great habits to remember if you suffer from neck pain:

Take frequent breaks.

Don't sit in one place for a long time, such as your car or at your desk. Arrange some of the items in your office so that they are inconvenient. This will force you to get up, stretch or walk around.

Maintain good neck posture.

Adjust the seat of your computer or desk chair so your hips are slightly higher than your knees -- your head and neck will

naturally follow in the correct position. Traveling in a car, airplane or train? Place a small pillow or rolled towel between your neck and a headrest to keep the normal curve in your neck

How are you sleeping?

Avoid sleeping with too many pillows or falling asleep in front of the television with your head on the arm of a couch.

On the phone much?

Use a speakerphone or headsets -- do not cradle the phone in your neck.

Exercise.

Treat your body to a consistent regimen of stretching and strengthening to balance your muscle groups. This protects your neck as well as helping your whole body. Walking at any pace is excellent exercise for your neck. The rotation of the spine provides a great natural workout for the neck muscles.

Eat smart and drink water.

Good nutrition and staying well hydrated are not only important to stay healthy, but vital in the healing process.

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Why visit a Rehabilitation Physician?

Rehabilitation physicians are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move.

By taking the whole body into account, they are able to accurately pinpoint problems and enhance performance without surgery. Consider seeing a rehabilitation physician if:

- You had an accident or you have an injury or chronic condition that

has left you with pain or limited function

- You're contemplating or recovering from surgery
- You have an illness or treatment for an illness that has diminished your energy or ability to move easily
- You're recovering from the effects of a stroke or other problems related to nerve damage
- You have chronic

pain from arthritis, a repetitive stress injury, or back problems

- Excess weight makes it difficult to exercise or has caused health problems
- You think you're too old to exercise
- Life changes such as childbirth or menopause have created new challenges to your physical function

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