

Title Tag: The Best Gainesville Neck Pain Relief | GoTherex Physical Therapy

Meta Description: GoTherex offers physical therapy programs that help to treat and manage back pain, neck pain, and headaches, as well as other pain and injuries.

Achieving Neck Pain Relief: An Overview

“Pain in the neck” is a phrase that has come to mean something difficult, painful, and completely bothersome. If you experience neck pain regularly, you know why this phrase is used that way. Neck pain can limit your activities and keep you from enjoying or even doing the things that matter most to you.

Residents of Gainesville and those throughout Northern Florida can now seek relief thanks to Georgia’s best physical therapists. GoTherex offers physical therapy that helps treat back pain, neck pain, headaches, and other pain and injuries.

Physical therapy has been found to be very effective as a neck pain treatment and may be just the answer you have been looking for. Physical therapy treats neck pain without the use of drugs or any side effects. This is by far and away the safest pain management available, making it the perfect choice for people who suffer from chronic neck pain.

How Physical Therapy Treats Neck Pain

A physical therapist can help you reduce your pain and stiffness as well as increase your range of motion. They can also help you build strength in the neck area to help to prevent future problems from occurring.

Physical Therapy for Neck Pain

Physical therapy for neck pain is often recommended for patients who have chronic or lingering pain, have neck pain caused by an injury (such as whiplash), or are recovering from surgery. It may include a range of treatments, including more passive therapies as well as active treatments.

Passive physical therapy treatments include those types that involve lasers and massage, which are applied to the patient. In contrast, more active treatments will include working with the patient as they progress through movements such as neck pain stretches.

Physical therapy is one of the fastest ways to relieve neck pain because it addresses the problem area specifically and immediately affects the problem. Physical therapy, like that offered by GoTherex, helps you restore your range of motion with decreased or no pain at all, so that you can get back in the game right away.

Can Physical Therapy Help Loosen Tight Neck Muscles?

Physical therapy is great for helping to loosen tight neck muscles. GoTherex provides you with one-on-one time with your Physical Therapist, who can teach you neck pain exercises that will help alleviate tight neck muscles now and help prevent you from having them in the future.

Can Physical Therapy Treat Neck Strain?

Physical therapy is highly recommended for treating neck strains. A Physical Therapist will help you address and relieve your neck pain and then teach you how to exercise the muscles correctly to help prevent further problems in the neck and shoulder area.

Does Physical Therapy Help Headaches?

Headaches are often caused by neck and back pain. If you have neck pain and headaches, seeing a physical therapist will help you manage the pain as well as put a stop to the headaches for good by treating their root cause. Building up the correct muscles to properly support the neck will decrease your pain and increase your range of motion.

When Is Neck Pain Serious?

Neck pain is always serious and should never be left unaddressed. However, there are certain neck pain causes where physical therapy is not the first or best answer. If you have a medical condition causing your pain, such as an infection or tumor, or if you are experiencing spinal degeneration, you will need to see your medical doctor to be treated.

Gainesville Neck Pain Relief

If you are near Gainesville and have been searching desperately for “Neck Pain Relief Near Me,” then GoTherex is the answer that you’ve been looking for. GoTherex provides one-on-one care from a highly skilled Physical Therapist who has your best interests at heart.

They will help you devise an individualized physical therapy plan with honest assessments, recommendations, and the support you need to get your life back and be free of pain. You don’t have to suffer from chronic neck pain anymore; contact GoTherex to start comprehensive neck pain treatment today!