



## Enfield Health & Wellness Center

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143 Hazard Avenue  
Enfield, CT 06082

[www.EnfieldHealth.com](http://www.EnfieldHealth.com)

## Suffield Health & Wellness Center

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162 Mountain Rd, Suite 203  
Suffield, CT 06078

[www.SuffieldHealth.com](http://www.SuffieldHealth.com)

*One-to-One Treatment Always  
with a Licensed Professional*

### Your Therapy Team

Carla Fleck, PTA  
Katie Myers, DPT  
Melissa Doten, MPT  
Jennifer Meier, MPT, CLT, CKTP  
Jennifer Cavanaugh, PTA  
Kevin Sadowski, BSN, RN, DC,  
Cert. MDT

### *Two Modern Locations for Your Convenience*

### Providing Physical Therapy for:

Orthopedic Complaints  
Post Surgical Rehab  
Work Injuries  
Auto Injuries  
Back Pain  
Neck Pain  
Vertigo / Vestibular Rehab  
Lymphedema  
Headaches  
Functional Capacity Evaluations

### Specially Certified In:

McKenzie Technique  
Lymphedema Management  
Vestibular Therapy  
Graston Technique  
Mulligan Technique  
Dry Needling  
Kinesio Taping®  
Functional Capacity Evaluations

### Payment

Accepting Medicare and most  
major insurance. Letters of  
protection accepted.

## Fast Results for Newly Diagnosed Degenerative Cervical Spine Disease

More than half of the population is likely to experience degenerative cervical spine disease in their lifetime. Resulting radiculopathy is less common with an annual incidence reported at 83 per 100,000.<sup>1</sup> Physical therapy is widely advocated as the first-line approach,<sup>2</sup> but there has been little evidence to help doctors tell patients what to expect from therapy and when. To help with these conversations, Dr. Hey Hwee and colleagues followed 30 consecutive patients to measure their response to their first few physical therapy visits.<sup>3</sup>



All patients presented with neck pain, referred pain, and radicular pain. Symptom duration ranged from 22 days to 85 days with a mean of 56 days. Patients in the study ranged from 20 to 79 years of age with the majority of patients being between 50 and 59 years old. All diagnoses were confirmed by radiograph. Patients received individual physical therapy treatment, and results were compared to baseline after one and two weeks of treatment. The most common treatment elements were joint mobilization, thermal modalities, and intermittent traction.

After one week, neck range of motion improved an average of 13% across six measures of movement. **After two weeks of treatment, pain ratings dropped from a median of 8 to a median of 4 on a 0-10 visual analog scale.** Improvements were measured in patients' ability to carry heavy loads, employment duties, and house work.

These results are in keeping with our experience with similar symptoms. Doctors referring patients for physical therapy for newly diagnosed degenerative cervical spine disease can tell patients that improved neck motion is common after one week of treatment and that many patients have their pain cut in half by two weeks of treatment.

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## McKenzie Certified Care



Literally hundreds of peer-reviewed research papers now support the use of McKenzie Method in spine care. McKenzie Method is a therapy approach proven to produce faster, longer lasting, and less expensive results for spine-related complaints. This has been demonstrated repeatedly in journals such as *Spine*, the *Journal of Neurology*, *JMPT*, *Physiotherapy*, and the *New England Journal of Medicine*. McKenzie Certified care is one of the many therapy options available at Enfield Health & Wellness Center.

## REFERENCES

1. Todd A. Cervical spine: degenerative conditions. *Curr Rev Musculoskelet Med.* 2011; 4 (4): 168-174.
2. Gross A, Goldsmith C, Hoving J, et al. Conservative management of mechanical neck disorders: a systematic review. *J Rheumatol.* 2007; 34: 1083 - 1102.
3. Hey H, Lau P, Hee H, et al. Short-term results of physiotherapy in patients with newly diagnosed degenerative cervical spine disease. *Singapore Med J.* 2012; 53 (3): 179-182.