

## NECK PAIN AUDIT

**Q: I woke up with a ‘kink’ in my neck 3 days ago and it hasn’t gone away. Can physical therapy help me?**

*A: This is a common question, and one we hear from a lot of people. Before I answer this for you, I want to walk you through a simple test. We call it the ‘neck pain audit.’ It will tell us if PT can help you or not.*

### **Part 1: The “Changing Lanes and Backing Your Car Up” Test**

1. Sit in a chair keeping good posture.
2. Turn your head to the right as far as you can.
3. Turn your head to the left as far as you can.

Is it harder to turn one way than the other? Or are they the same?

If you felt pain, soreness or stiffness turning your head, then write it down here:

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### **Part 2: The “YES” Head Nod Test**

1. Sit in a chair keeping good posture.
2. Look up as far as you can. (Tilt your head back like a PEZ dispenser).
3. Look down as far as you can. (Try to touch your chin to your chest).

Did you have any pain, soreness or stiffness?

If so, then write it down here. Note what you felt and with what movement (example; ‘A deep ache in my right shoulder when I tucked my chin to my chest. Felt stiff’):

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# NECK PAIN AUDIT (cont'd)

## Part 3: The "Holding the Phone Between Your Shoulder and Ear" Test

1. Sit in a chair keeping good posture.
2. Tilt your head to the right. (Right ear to right shoulder...don't scrunch your shoulder)
3. Tilt your head to the left. (Same thing to the other side.)  
Was one side together than the other?

Write down what you felt:

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Now that the test is done, let's take a look at this. A really simple rule we use in PT is: if the pain is **reproducible**, then it's **reducible**. This means that if one of these movements made your neck pain, soreness or stiffness worse, then there's a good chance we can help you in physical therapy.

**So here's what to do next:** If you already to get rid of that kink in your neck- so you sleep better and don't have pain at work- then complete this form and bring it with you to your Free exam. In the exam you will receive:

- a detailed plan that explains what your pain is coming from
- what successful treatment looks like
- the cost, and time needed to heal

Call to schedule your Free exam today (603)-841-5441

Talk with you soon,

Dr. Dan Lombardi, DPT



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## FREE SCREEN CERTIFICATE

Call (603) 841-5441 today to schedule your **free** screen (Limited to the first 10 callers)

*We need to limit this to the first 10 people to call because of our therapists' schedules.  
If you or someone you know needs help, do not delay, this offer expires 1-31-2018*

PS - If you have a friend or co-worker who you see rubbing their neck, and want to help them, then give them this sheet. If you need more copies, pop in and grab one.