

Nevada

Workers' Compensation Law Blog

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Neck Pain Update on Physical Therapy

By [Virginia Hunt](#) on January 3, 2012

I promised to give my honest assessment on whether the McKenzie Method used by the physical therapist I am seeing is helping me. Today, back at work with many people needing to get back on track with their medical care and benefits on their claims after a long holiday weekend, my neck is stiffer than ever. I have only been able to schedule physical therapy appointments once a week with the two holidays, so I should mention that. On most accepted Nevada workers' compensation claims, physical therapy is scheduled for three days a week, and that may make a huge difference. (I do not have a workers' compensation claim. My neck problems are related to age, hours spent in sub-optimal postures in front of a computer, reading late into the night in bed, a few rear-end fender benders over the years, and several significant horse-back riding injuries).

I'm finding that it is frustrating that I am forgetting to do the exercises I have been taught by the therapist at least five times a day. The exercises probably take all of ten minutes to complete, so I don't have a good excuse for not remembering. I think I will simply have to set the alarm on my phone today to make myself do them. Of course, it would be so much easier to take a pill of some sort and have the problem with decreased range of motion, stiffness and pain just disappear. However, I cannot do that. I want to remain clear mentally and crisp with my reaction time for my horse-back riding.

I see that I reported that my range of motion was improved when I actually did the exercises, so I will resolve to make a better effort this week. I did do a lot of horse-back riding the past five days. The type of riding I do is strenuous- jumping and advanced English riding (dressage) on a young Thoroughbred who is emotionally the equivalent of a teenage boy. I also had to survive a New Years Eve party at my house for my son's 22 birthday. This last holiday wasn't exactly relaxing for me. So, here's to trying to take more personal responsibility for my own health in 2012.