



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

December 2025 Volume 5 / Issue 12

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HIP FLEXOR INJURY – WHAT YOU NEED TO KNOW

The hip flexor muscle group is located at the front of your hip. This muscle group is very important with lower body movement and exercise. Unfortunately, you can strain this muscle with overuse, sports and trauma. Read this month's blog to learn more about hip flexor muscle injuries. If you are currently struggling with pain in your hip, or really anywhere, give us a call today and see how we can help!



AROUND THE CLINIC:

As many of you have noticed we are in a great battle of supply and demand for physical therapy access and appointment availability. There is a great demand for physical therapy in the valley and we here at PTSC are dedicated to providing our very best in excellent, high quality physical and occupational therapy to all of our patients. With this challenging access to therapy, you may have noticed our shift and tightening of our attendance policy. This is to ensure that we are able to fill every available appointment on therapist's schedules with patients who need therapy and our services. By providing us 24+ hour notice when you cannot attend a scheduled appointment, this allows us more time to offer the opening to another patient in need of care. We understand that life happens, such as illness, and will continue to work within these instances to help address every patient's needs. If you are in need of changing or canceling an appointment, please call us as soon as you can to help address this need. Patients always have the opportunity to leave a voicemail (over the weekend or after hours) to alert us as soon as possible. We address all our voicemail messages first thing in the morning and make our best attempt to fill available openings. Please do not no-show your appointments, future scheduled appointments may be canceled if this occurs. Please help us address this growing demand by abiding by our attendance policy and giving plenty of notice if there is a conflict with one of your scheduled appointments! Thank you for your attention to this matter!

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Spotlight Diagnosis of the Month

Diagnosis: Mechanical Neck Pain

What is it?

Mechanical neck pain is one of the most common musculoskeletal complaints seen in physical therapy clinics. It refers to pain originating from the cervical spine or surrounding musculature, typically without underlying systemic or neurological pathology. Another term would be non-specific neck pain. Neck pain is the 2nd most common treatment area seen in physical therapy behind the number one complaint of low back pain. For neck pain, this is often related to repetitive strain, degenerative changes, or trauma, and is commonly exacerbated by movement or sustained positions.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

Common Symptoms

- Localized neck pain, often described as dull, achy, or stiff
- Pain aggravated by certain movements or positions (e.g., looking down, turning the head)
- Limited range of motion (ROM) in the cervical spine such as turning to the left or right
- Muscle tightness or spasms in the neck, shoulders, or upper back, often along the upper trapezius muscle
- Headaches, particularly cervicogenic near the base of the skull
- Absence of neurological signs such as numbness, tingling, or weakness (distinguishes it from radiculopathy)

Common Causes

- Prolonged posturing (e.g., from desk work or phone use)
- Repetitive neck movements or overuse such as with manual laborers
- Age-related changes (e.g., cervical spondylosis or disc degeneration)
- Acute trauma such as whiplash from a motor vehicle accident
- Stress and muscle tension

How Can Physical Therapy Help:

At our clinic, treatment for mechanical neck pain is individualized and often focuses on:

- **Manual Therapy:** This may include joint mobilization, soft tissue techniques, and trigger point release
- **Therapeutic Exercise:** Targeted stretching and strengthening of cervical and scapular stabilizers
- **Postural Retraining:** Ergonomic assessment and correction strategies
- **Patient Education:** Teaching self-management techniques, activity modification, and movement awareness

Patients generally have outcomes with physical therapy treatment for mechanical neck pain. The vast majority of people in acute cases will see improvements and return to normal. With appropriate physical therapy intervention, most patients experience improvement within 4–6 weeks. Early intervention and adherence to a home exercise program are important factors in achieving long-term success. This also gives the best prognosis for preventing further re-occurrence of symptoms.

Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.

