

Why Physical Therapy?

Physical therapists are rehab specialists extensively trained in evaluating and treating problems involving the muscles, bones and nerves. Working as a team with your doctor, your physical therapist:

- Evaluates the joints, muscles and nerves of the head and neck and works to determine the best individualized treatment program for you.
- Assesses your posture and its contribution to your symptoms. Poor postural alignment can cause stress to the joints, muscles and nerves of the head and neck and is one of the most common causes of neck pain and headaches .
- Initiates pain-reducing steps including ice, heat, ultrasound, myofascial release, massage and electrical stimulation to help increase your comfort.
- Utilizes mobilization techniques to help restore normal joint movement to neck and head. Clinical studies show that an approach including mobilization, soft tissue work and exercise is more effective than exercise alone in treating head and neck pain.
- Instructs and trains you in a program of stretching, strengthening and coordination exercises designed to improve posture and neck function to create long-lasting changes.

Research References

1. Bogduk N. Cervicogenic Headache: anatomic basis and pathophysiologic mechanisms. Curr Pain Headache Rep. 2001.
2. Jull J. A randomized trial of exercise and manipulative therapy for cervicogenic headache. Spine. 2002.
3. Schoensee SK, et al. The effect of mobilization on cervical headaches. J ORTHOP SPORTS PHYS THER. 1995;23(12):126-37.

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Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Vision

Jackson County Physical Therapy aspires to improve the quality of life for our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.

ASHLAND

370 E. Hersey St.
Ashland, OR 97520
541-482-6360

EAGLE POINT

158 W. Main St.
Eagle Point, OR 97524
541-830-0914

EAST MEDFORD

709 N. Phoenix Rd.
Medford, OR 97504
541-630-3055

CENTRAL MEDFORD

36 Hawthorne St.
Medford, OR 97504
541-776-2333

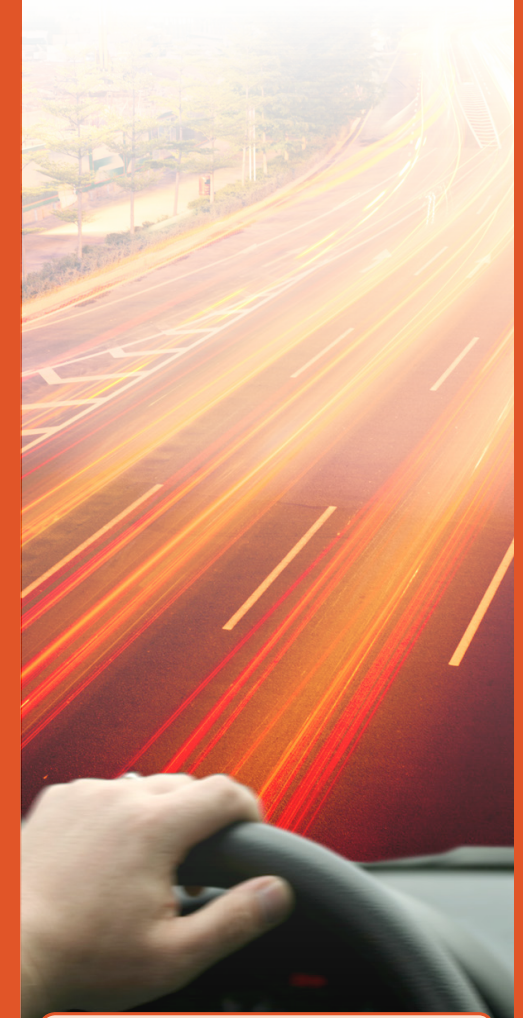
PHOENIX

242 N. Phoenix Rd.
Phoenix, OR 97535
541-512-0757

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Motor Vehicle ACCIDENTS



**JACKSON
COUNTY
PHYSICAL
THERAPY, LLC**

Heal Your Body. Strengthen Your Life.™

Our Goal

Our goal is to maximize your recovery and minimize any residual problems you may experience following your accident. Physical therapy intervention has been shown to help in recovery after a motor vehicle accident.

At Jackson County Physical Therapy we work with you to achieve this by:

- Teaching you about the stages of healing
- Guiding you through each stage providing appropriate clinical and home intervention
- Supporting you in achieving maximum recovery and full return to an active lifestyle



The Stages of Healing First Stage: Day 1- Day 10

Immediately following your accident, your body works to clean up the injury site and starts to lay down healing tissue (substrate) called fibrin. During this stage we recommend that you:

- Get plenty of rest
- Use an ice pack on swollen area(s)
- Avoid painful body position
- Provide your body with good nutrition

Second Stage: Day 10 to Week 4

For the next 3 to 4 weeks your body may put down the majority of healing tissue (called collagen) that it will produce. During this stage your therapist's goal is to:

- Assist your body in the production of more collagen. This may include ultrasound and infrared treatments
- Provide you with appropriate stretching and strengthening exercises
- Help with pain control. This may include electrical stimulation, heat, and ice



Third Stage: Week 4 to Week 10

By week five, new tissue production is mostly done. The new tissue you have made starts to shrink and connect together to strengthen the injury site. At this stage your therapist will:

- Guide you through an exercise program designed to strengthen the new tissue
- Use techniques to achieve maximum flexibility of the injured area
- Continue pain relieving steps as needed
- Utilize joint mobilization/movement to promote healing in correct postural alignment

Stage Four: Week 10 - 1 year

During this stage, tissue healing continues by collagen shrinkage and interconnection. Your physical therapist will provide you with a home program of continued stretching to maintain flexibility and ongoing strengthening of the injured area.



Common Problems

Motor vehicle accidents may result in strain to muscles, ligaments, nerves, and joints in the spine. Swelling, pain, and spasms can limit movements, sometimes severely. It is not uncommon to experience some or all of the following:

Numbness/tingling, constant/or intermittent pain, weakness, headache, dizziness, ear ringing, nausea, fatigue, or poor balance.

These symptoms may come on immediately, appear after several days, or they may come and go over time.

Call your doctor immediately if you experience

- Decrease in bowel or bladder control
- Loss of consciousness
- Persistent tingling in extremities
- Persistent dizziness
- Blurred vision
- Nausea