



Newest Research - Fewer Visits - Best Results™

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**FOR IMMEDIATE RELEASE**

**NEWEST RESEARCH**

**FEWER VISITS**

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## **If Your Neck Hurts, Visiting a Physical Therapist May Be the Best Thing You Can Do For Yourself**

ST PAUL (May 27, 2002) - Neck pain is a common problem. Studies show that 10% to 15% of adults are experiencing neck pain at any given time. The Annals of Internal Medicine (May 21, 2002) published a study that compares people with neck pain treated by physical therapists using two different approaches and continued care by an MD over a seven-week period.

"This is the one of the first definitive studies we've seen comparing neck pain relief techniques," says Dr. John Groves, President of Groves Physical Therapy (Groves PT). "As physical therapists, we've seen mobility improve and pain decrease substantially with individual patients treated with manual techniques used in this study. Now we have scientific comparisons."

The group receiving focused, hands-on manual physical therapy techniques of joint and muscle mobilization, along with postural muscle strengthening-stabilization exercises, reported the greatest improvement (68%). They used less medication and missed fewer days of work.

The group receiving exercise-focused physical therapy techniques of stretching and strengthening with less hands-on techniques showed the second most improvement (51%).

The group that only had follow-up visits with their general practitioner (MD) and received medications, an educational booklet and encouragement to "await further recovery" reported the least improvement (36%). The research was done in The Netherlands at the Institute for Research in Extramural Medicine, where manual therapy is known as a specialty area of physical therapy.

For more information about how a physical therapist can help alleviate pain, minimize the use of prescription drugs and expensive diagnostic imaging, and prevent painful and costly surgery, visit [www.grovespt.com](http://www.grovespt.com).

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### **About Groves Physical Therapy:**

Groves Physical Therapy is a privately owned, multi-site Physical Therapy practice in St Paul and Brooklyn Center. Founded in 2004, their mission is to deliver the highest quality, evidence-based physical therapy management to patients with unquestionable ethics, unparalleled quality, superior service, and at the best value. Their physical therapists are Board Certified in Orthopedic Practice and are Fellowship trained in Manual Therapy, credentials that only 1-2% of Physical Therapists nationwide have obtained. They utilize manual physical therapy and therapeutic exercise based on the newest research to achieve the best results in fewer visits. For more information on Groves Physical Therapy, please call 651-209-6144 or 763-566-3798 or visit: [www.grovespt.com](http://www.grovespt.com).