



SERC *Physical and Hand Therapy*

Returning Patients to the Speed of Life

Centralized Scheduling 913.384.1642 or 816.554.9559
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SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries and disorders

CLINICS

- Belton/Raymore
- Blue Ridge Tower
- Clinton
- Harrisonville
- KC North
- Kearney
- Lansing
- Lee's Summit
- Liberty
- Metro North
- Odessa
- Olathe
- Overland Park
- South Raytown
- Shawnee

IN THE CLINIC | Neck Pain & Headaches

Many people will experience neck pain and/or headaches within the course of their lifetimes. Neck pain and headaches can be caused by a number of factors, improper posture and weakness being two of the most common. These issues can lead to an increased load and demand on the spine and neck musculature, which causes neck pain and headaches. In addition, sleeping postures, weakness in the upper back and shoulder muscles, and trauma from motor vehicle accidents or falls all have the possibility of leading to neck pain and headaches.

Usually people can manage the symptoms with over-the-counter medication, heat and ice. However, if the neck pain and/or headaches are lasting more than two weeks or the pain increases or starts to go down the shoulder or the arm, it's time to talk to your physician.

If your pain is persistent, your physician may suggest physical therapy. A trained physical therapist can provide the following:

- » A comprehensive evaluation to determine sources of pain, stiffness and tightness
- » Hands-on treatment, modalities, and self-help techniques for pain management and to address stiffness and tightness
- » Instruction in proper posture for work and home activities
- » Instruction in a home exercise program to address stiff, tight and weak muscles



Physical therapy can restore optimal muscle function and decrease factors that aggravate your pain, allowing you to get back "TO THE SPEED OF LIFE."

MEET THE STAFF

Kelly Yates, PT, CLT

Kelly Yates is a physical therapist at SERC of Overland Park and has been with SERC for almost six years. Kelly has a Master of Physical Therapy degree from Washington University in St. Louis.

Kelly enjoys working with orthopedic injuries. She is also a certified lymphedema therapist (CLT) and is available for consultation through SERC. In her free time, Kelly enjoys hiking.