



Specialized Orthopedic and Sports Rehabilitation

Join Us  
Community Education Series  
*Free & Open to the Public*

## **“Conquering Neck Pain”** Self-Help Techniques & Treatment Options

Presented by

**David Coletta, MPT, CMPT**

*Certified Manual Physical Therapy Specialist*

**Wednesday**  
**Nov. 14, 2012**  
**6:30-7:30pm**  
**Bozeman Library**  
**Community Room**



**David Coletta, MPT, CMPT**  
Certified Manual Physical  
Therapy Specialist

- How neck pain develops and becomes chronic.
- Neck pain’s anatomic sources.
- How a specialized physical therapist utilizes manual therapy, patient education, exercise, and dry needling techniques to treat neck pain.
- How improving posture can alleviate neck pain.
- Which exercises are most effective in self-treatment of neck pain.
- Other self-treatment techniques.
- Q & A session to follow talk.
- More info: [excelptmt.com/seminars](http://excelptmt.com/seminars)

*Upcoming Seminar:*

**“Alpine Skiing & Snowboarding Injury  
Prevention”**

**Wed. Dec. 5<sup>th</sup> 6:30-7:30pm Bozeman Library**

**Presented by Jason Lunden, DPT, SCS**

**Excel Physical Therapy  
Bozeman**

*Next to the MSU Fieldhouse*

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**Manhattan**

*Next to the Manhattan Athletic Club*

220 Wooden Shoe Lane

406.284.4262

