

NEWSLETTER

December 2020



IS STRESS CAUSING YOUR NECK PAIN?
ENJOY THE HOLIDAYS PAIN FREE. WE CAN HELP

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IS STRESS CAUSING YOUR NECK PAIN?

HANDS ON PHYSICAL THERAPY IS HERE TO HELP

Does your neck hurt? You might be suffering from stress-related pain – also called a tension headache. During anxiety, muscles tense up. As muscle tension tightens, the back, shoulders and neck are affected. The more pressure they cause, the more discomfort you get. Let's take a closer look at stress-related neck pain.

Is My Neck Pain Caused by Stress?

Pain worsened by keeping your head in one place – like when you're driving, or using a computer – is neck pain. While neck pain has a slew of symptoms, its major symptoms, reported by Mayo Clinic, are:

- **Muscle tightness and spasms**
- **Headaches**
- **Decreased ability to move the head**

Stress-induced neck pain isn't rare. It also isn't psychological. Many experts think stress-induced neck pain is caused by physical factors – low, but constant, trapezius muscle activity. If your neck pain starts at the base of your shoulders, traveling upward, it may be stress-related.

Causes of Stress-Related Neck Pain

While stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems – as they confine people to chairs, bad posture and little mobility. Driving often, too, can make your chances of stress-related neck pain higher.

The U.S. National Library of Medicine suggests contacting a professional if you're experiencing neck pain. Even if it's caused by stress, untreated neck pain might later reveal muscle spasms, arthritis, bulging discs or even narrowed spinal nerve openings.

**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

IS STRESS CAUSING YOUR NECK PAIN?

HANDS ON PHYSICAL THERAPY IS HERE TO HELP

How Physical Therapy Can Help My Neck Pain

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activity can cure it. Sometimes, this "activity" means "no activities." Before you contact a professional, try reducing your neck movements. Sometimes, simply letting your neck muscles relax is enough.

If you don't see relief within two weeks, contact a professional. Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch, flex and relax your neck muscles. In time, your neck will become more resilient — giving you the comfort you deserve. Where aftercare treatment is considered, custom-tailored neck exercises will assure your neck stays loose, limber and healthy.

If you're dealing with neck pain, you're not alone. Call our office today, and schedule an assessment. Even if your neck pain is caused by stress, it still needs attention. We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more.

CALL US TODAY!

CARY • 919-851-0711

FUQUAY-VARINA • 919-557-2111

ZEBULON • 919-269-0107

www.hopt-wellness.com



Seasonal Recipe

Easy Hot Apple Cider

INGREDIENTS

- 1 (64 fluid ounce) bottle apple cider
- 3 cinnamon sticks
- 1 teaspoon whole allspice
- 1 teaspoon whole cloves
- 1/3 cup brown sugar

DIRECTIONS

In a slow cooker, combine apple cider and cinnamon sticks. Wrap allspice and cloves in a small piece of cheesecloth, and add to pot. Stir in brown sugar. Bring to a boil over high heat. Reduce heat, and keep warm.

PATIENT SUCCESS SPOTLIGHT



"I feel aquatics helped me get through a wall I had hit with physical therapy. Overall, I'd recommend.."

"I go here for aquatics and love the pool! The staff is attentive and always there to answer your questions or have a good conversation with while you do your exercises. I feel aquatics helped me get through a wall I had hit with physical therapy. Overall, I'd recommend."- **Nestor A.**

EXERCISE OF THE MONTH

Helps Relieve Hip Pain

LEVATOR SCAPULAE STRETCH (Overpressure)

Sit in a chair with the hand on the side of the neck to be stretched beneath you. (Alternatively, you can grab under the chair.) Use your free hand to gently pull your nose down toward your armpit so as to give your neck an extra stretch. Hold for 5-10 seconds before relaxing the muscle for another 5-10 seconds. Repeat 2-3 times. Good stretch if you sit at a computer all day.



**THIS EXERCISE IS DESIGNED FOR PAIN PREVENTION
CALL YOUR THERAPIST IF YOU ARE EXPERIENCING ANY PAIN!**

SERVICE SPOTLIGHT!



Find Fast Pain Relief With Mulligan's Concept Did You Know Mulligan's Concept Therapy Could Help Relieve Your Pain?

At Hands On Physical Therapy, we are happy to provide the Mulligan's Concept for relieving pain and improving joint mobilization for our patients. This form of manual therapy is fairly new, named after New Zealand physiotherapist Brian Mulligan. His concept of manual therapy coined the terms "mobilizations with movement" (MWMS) of the extremities, and "sustained natural apophyseal glides" (SNAGS) of the spine. These terms are crucial to the application of Mulligan's Concept, using a combination of physical therapist-conducted services, as well as patient-generated physiologic movements.

Through the Mulligan's Concept, our Cary, Fuquay Varina, & Zebulon, NC physical therapists are guided by the simple rule to avoid causing any pain to their patients. Instead, we apply MWMS and SNAGS to mobilize joints and the spine in a more tolerable way. By using this concept, we can reduce pain and stiffness, as well as help correct positional faults and diminish the presence of pain.

COUPON CORNER!

FREE PAIN CONSULTATION



**WE OFFER 3 CONVENIENT
LOCATIONS**

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

Cary 919-851-0711	Fuquay-Varina 919-557-2111	Zebulon 919-269-0107
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Call to schedule. Expires 1/31/2021