



EMERY PHYSICAL THERAPY

# NEWSLETTER

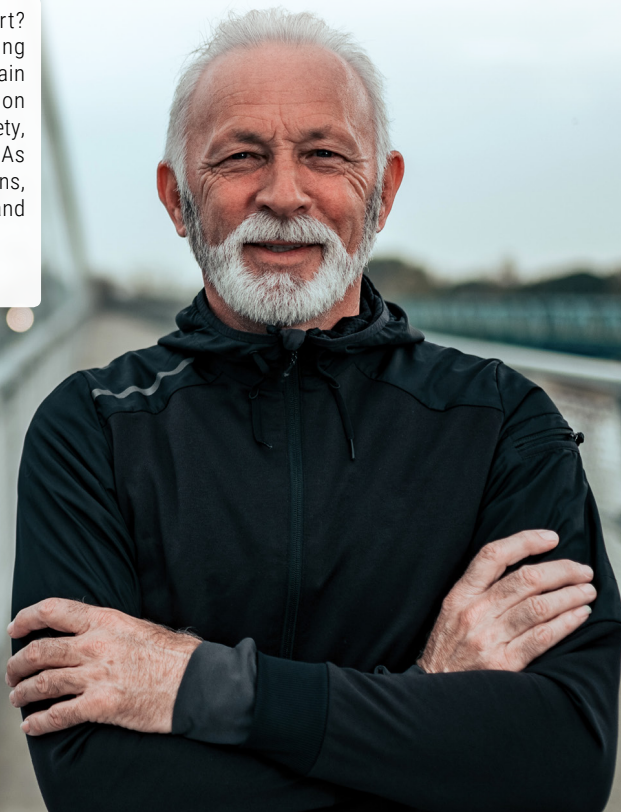
THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



## LOOK FORWARD TO A LIFE FREE OF PAIN IS STRESS CAUSING YOUR NECK PAIN?

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.

*(continued inside)*



**INSIDE:**

- Is Stress Causing Your Neck Pain?
- Focus On Neck Pain To Relieve Headaches
- Healthy Recipe
- Patient Success Spotlights



[www.emeryphysicaltherapy.com](http://www.emeryphysicaltherapy.com)

## LOOK FORWARD TO A LIFE FREE OF PAIN IS STRESS CAUSING YOUR NECK PAIN?



### INSIDE:

- Focus On Neck Pain To Relieve Headaches
- Fun & Games

- Exercise Of The Month
- Patient Success Spotlights



#### *(continued from outside)*

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
- Headache
- 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.

### 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 activity." 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 stress, flex and relax your neck muscles. In time, your neck will become more resilient — giving you the comfort you deserve. Where after-care 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 us 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 a full range of motion once more.

Sources: <https://www.spine-health.com/blog/how-relieve-neck-pain-caused-stress> <https://www.everydayhealth.com/neck-pain/neck-pain-reduce-stress.aspx> <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0027055/>



## Focus On Neck Pain To Relieve Headaches



The neck can be a hidden and debilitating source of headaches. Very often neck pain and headaches go hand-in-hand, leading to a miserable time coping with everyday activities. According to the National Institute of Health Statistics neck pain and headaches are the second most common form of pain experienced by Americans, with 59% reporting it affected their enjoyment of life. Some headaches are often grouped under the term "cervicogenic headache" meaning that the primary source is from the neck.

There are well mapped out patterns of headaches that come from the different parts of the neck, shoulder and upper back areas. The discs between your bones (vertebrae) and joints in the upper neck often contribute to headaches. Even headaches located in the forehead or behind the eyes are often referred pains stemming from problem areas in the neck and base of the skull.

The joints connecting the top three vertebral levels of the neck handle almost 50% of the total motion of the entire neck. This means they absorb a lot of repetitive strain. These joints bear the main load of the weight of the head (about that of a bowling ball). With fatigue, poor posture, injuries, disc problems, arthritis, muscular stress and even prior surgeries, the wear and tear on this critical region of your body can prove too much, resulting in pain.

It is also possible that you may develop a narrowing of the spinal canal itself. Since the spinal cord runs through the spine, a narrowing of the canal or where the nerves exit, can lead to a condition called spinal stenosis. There is much that can be done to treat neck pain and headaches. Our expert physical therapists have years of experience helping people with neck pain and headaches. By finding the root cause of your neck pain and headaches we can relieve your pain quickly, reduce the need for medication and get you back to the activities you enjoy.

Discover how our team of specialists at Emery Physical Therapy can eliminate your neck pain and headaches allowing you to live a happy, active and pain-free life. Call today for more details!

## EXERCISE OF THE MONTH

Try this movement if you are experiencing neck pain.

### Strengthens Neck



### CERVICAL RETRACTION

Stand with your back against a wall. Position a rolled up towel behind your neck. Tuck chin like you are nodding 'yes'. Draw your chin closer to the back of your throat. Repeat 3 times.



## HEALTHY RECIPE

### Roquefort Pear Salad



- 1 head leaf lettuce, torn
- 3 pears
- 5 ounces Roquefort cheese
- 1 avocado
- 1/2 cup sliced green onions
- 1/4 cup white sugar
- 1/2 cup pecans
- 1/3 cup olive oil
- 3 tablespoons red wine vinegar
- 1 1/2 teaspoons white sugar
- 1 1/2 teaspoons prepared mustard
- 1 clove garlic, chopped
- 1/2 teaspoon salt

In a skillet over medium heat, stir 1/4 cup of sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces. For the dressing, blend oil, vinegar, 1 1/2 teaspoons sugar, mustard, chopped garlic, salt, and pepper. In a large serving bowl, layer lettuce, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.

## CALL US TODAY IF YOU ARE EXPERIENCING NECK PAIN

## Patient Success Spotlights



***"The whole office is great..." - Tony***



***"They all took very good care of me and were fantastic...." - Genowefa***

## Direct Access To Physical Therapy

Did you know that the State of Illinois has passed direct access to physical therapy this year? You no longer need a prescription or referral to start therapy. This was done to help combat the opioid crisis and encourage the use of physical therapy as the safe and effective alternative for treatment of acute and chronic pain and injuries.

**A PHYSICIAN REFERRAL IS  
NO LONGER NEEDED FOR  
PHYSICAL THERAPY IN THE  
STATE OF ILLINOIS!**

FIND US ON SOCIAL MEDIA



## Fun & Games

		3	8					1
			3	7	5	4		
	7	9						2
		5	9					
1		6				2		4
					4	3		
3						7	2	
		7	2	4	3			
2					1	6		

<http://1sudoku.com>

n° 310547 - Level Hard

## SODOKU PUZZLE

The classic sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

## Coupon Corner!

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NO PRESCRIPTION NEEDED**