

NEWSLETTER



IS STRESS CAUSING YOUR NECK PAIN?

2022

How Physical Therapy
Can Help
My Neck Pain

Exercise Of
The Month

5 Health Tips For
The New Year



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. 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.



Has your pain come back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 847-1200



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 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.

<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/> <https://medlineplus.gov/ency/patientinstructions/000892.htm> <https://newnetwork.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-time/> <https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>

EXERCISE OF THE MONTH

SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders. This is a good stretch to relax your shoulders



Exercises copyright of
 SimpleSet Pro
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FEEL BETTER BY EATING BETTER

EASY MANGO PROTEIN SMOOTHIES

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!



I've gone to Albanese Physical Therapy for two different problems. I found that my therapists really do care for their patients! They were very professional, yet made me feel at ease at the same time! They did their very best to get me scheduled at MY convenience. I would highly recommend Albanese Physical Therapy to anyone who is in need of help!

R. T.

Google Review

5 HEALTH TIPS FOR THE NEW YEAR

SHOP WELL FOR YOURSELF

It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

SCHEDULE YOUR EXERCISE

Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

JUST SAY NO

You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

SKIP THE BAKING

Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

HYDRATE

Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and drink what you need to finish it by the end of the day.



Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

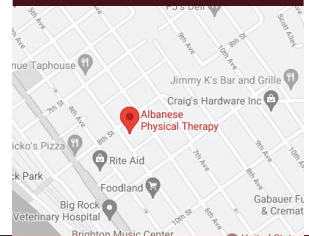
Albanese Physical Therapy

FIND US
801 Fifth Ave
New Brighton, PA 15066

OUR HOURS
Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

CONTACT US
(724) 847-1200
rich@albanesephysicaltherapy.com
albanesephysicaltherapy.com

@ALBANESEPHYSICALTHERAPY



ALBANESEPHYSICALTHERAPY.COM