

# NEWSLETTER



## ARE YOU LIVING WITH NECK PAIN?

2023

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Therapy Can Help  
You Find Relief

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Overnight Oats

Tips On Navigating Your  
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## ARE YOU LIVING WITH **NECK PAIN?**

Do you struggle to turn your neck while driving? Are you finding it difficult to get through the day without stiffness and pain in your neck? Physical therapy at Albanese Physical Therapy can help you find the relief you're searching for!

Neck pain can be both debilitating and scary to live with. When you experience an injury that leaves your neck in severe pain, the thought of not being able to turn your head freely is overwhelmingly stressful. What's more, the pain from no apparent reason can make it even more challenging to know what to do.

There are a lot of different ways that you can relieve neck pain. Our team of therapists is focused on finding the best treatment for your personal needs. **Call our clinic today to learn how to help you keep living the kind of life you want with less pain and movement restrictions.**

### WHAT IS CAUSING YOUR NECK PAIN?

Neck pain that is the result of a sudden trauma is also known as whiplash. In most traumatic events, it is difficult to isolate a particular tissue causing the pain, and most likely, all the tissues in the neck are affected.

Identifying the cause of neck pain can be tricky because several factors contribute. The most commonly reported risk factor is working in an awkward or sustained posture (i.e., sitting at a computer or working at a desk that's too low). These sustained postures or awkward positions strain the muscles that are supporting the neck.

Sleeping in an awkward position can also lead to neck pain. If the head is held at a bad angle or twists wrong during the night, a stiff neck might be present in the morning. These awkward postures

can affect the joints themselves, so the movements are limited and/or painful. Joint pain can come from the cartilage, ligaments, and the disc.

Turning the head repetitively, such as side to side while dancing or swimming, may overuse the neck's muscles, tendons, and ligaments. Sometimes, neck pain develops after a particular injury, such as a car accident or even a result of a slip and fall. When this happens, your pain could be a result of a muscle strain or a ligament sprain.

### WHAT ARE THE MOST COMMON SYMPTOMS?

It is important to note that pain is not the only symptom associated with neck dysfunction. It is also very common to have stiffness, a "crick" in the neck, tightness in the muscles of the upper back and shoulders, and even headaches from neck dysfunction.

The stiffness or range of motion impairments often come from the joint itself or the muscles surrounding it. When you experience pain turning or side-bending to the same side as the pain, you are likely dealing with a joint issue. When you turn or side bend away from the side, you have pain, which typically means you have a muscle problem. Your therapist can determine what is the likely cause of your problem and prescribe stretches to resolve it.



#### *Has Your Pain Come Back?*

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

**(724) 419-8927**



## HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. When standing and sitting, be sure your shoulders are in a straight line over your hips and your ears are directly over your shoulders. Adjust your desk, chair and computer so that the monitor is at eye level. Knees should be slightly lower than hips. Use your chair's armrests. Avoid tucking the phone between your ear and shoulder when you talk. Use a headset or speakerphone instead.

### PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR NECK PAIN!

Physical therapy treatments for neck pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

### CALL ALBANESE PHYSICAL THERAPY TODAY!

If you're dealing with neck pain, we can help! Call our office today, and schedule an assessment. No matter what the cause of your neck pain, we have solutions for you! We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more. We offer the results you are looking for!

Source  
<https://pubmed.ncbi.nlm.nih.gov/29197234/>  
<https://pubmed.ncbi.nlm.nih.gov/31133629/>  
<https://pubmed.ncbi.nlm.nih.gov/32317109/>  
<https://pubmed.ncbi.nlm.nih.gov/33064878/>



#### 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](http://albanesephysicaltherapy.com)



### FEEL BETTER BY EATING BETTER

#### BLUEBERRY MUFFIN OVERNIGHT OATS

- 1 cup rolled oats
- 1/2 cup blueberries, mashed
- 2 tablespoons chia seeds
- 1 teaspoon vanilla extract
- 1 tablespoon honey
- 1 teaspoon lemon zest
- pinch of salt
- 1/2 cup vanilla Greek yogurt
- 3/4 cup unsweetened almond milk

First, mash 1/2 cup blueberries in a large bowl. Then add the rest of the wet ingredients and mix until smooth. Add in dry ingredients and mix again. Place in the refrigerator, cover for at least 2 hours or overnight. Serve cold. Top with granola, lemon zest, and fresh blueberries.

Source: <https://thefoodiefinds.com/blueberry-muffin-overnight-oats/>



# TIPS ON NAVIGATING YOUR EATING WHEN TRACKING SUGAR LEVELS

Have you been dealing with achy joints and sore muscles? Did you know that inflammation can be the source of chronic pain? The good news is that adopting a healthy diet will positively impact your body and lead to a lifetime of improved health.

Everything we eat becomes the fuel our body uses to do the most basic tasks to the most advanced sports activities. Eating the right foods helps the body recover from injuries and other painful conditions.

Reducing or even eliminating sugar may be the solution you need if you struggle with chronic pain. Fortunately, at Albanese Physical Therapy, our physical therapists will provide you with all the tools you need to recover from injuries, eat healthier, and live a healthy, pain-free life!

**Request an appointment today and learn how to reduce sugar from your diet!**

## HOW SUGAR CAUSES INFLAMMATION AND LEADS TO PAIN

Without inflammation, injuries wouldn't be able to heal. Unfortunately, eating diets high in sugar leads to chronic inflammation, making it more difficult for the body to heal itself, and often leads to chronic pain.

*In addition to pain, there are several other common health conditions thought to be related to chronic inflammation, such as:*

- Arthritis (Osteoarthritis and Rheumatoid arthritis)
- Diabetes
- Heart disease (High blood pressure, coronary heart disease, peripheral artery disease)
- Some cancers (i.e., colon, pancreatic, and liver cancers)

Adopting a healthy lifestyle means understanding how your nutrition affects your body over the long term and choosing to have a lifetime of improved health instead of a momentary reward from sugar.

**Try these tips:**

- Make an intentional decision to eat healthier
- Identify the primary sources of sugar
- Replace sugary foods with natural foods

**The only thing that can give you actual long-term results is to make a lifestyle change. Call Albanese Physical Therapy today to request an appointment with our specialists!**

I used Rich for a back injury 12 years ago and he worked wonders. I went back after my recent shoulder surgery and, again, he worked wonders. My doctor was even surprised on how far along I came. Definitely recommend.

R. M.

5-Star Google Review



**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

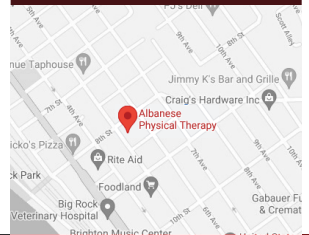
### CONTACT US

(724) 419-8927

rich@albanesephysicaltherapy.com  
albanesephysicaltherapy.com



@ALBANESEPHYSICALTHERAPY



**Have You Been Loving Albanese Physical Therapy?**

We would love to hear your story! Scan the QR code to visit our Google Review page to leave us a 5-Star Review!

HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

ALBANESEPHYSICALTHERAPY.COM