



NATURAL RELIEF FOR
NECK PAIN AND STRESS

PHYSICALTHERAPYCENTER.ORG



Do you need neck pain relief?
Call The Physical Therapy Center today at (704) 847-6351

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.

Book An Appointment Today!

How Physical Therapy Can Help Neck Pain

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activities 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 or visit PhysicalTherapyCenter.org and schedule an assessment. We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility 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/pubmed/health/PWH-T0027055/> <https://medlineplus.gov/ency/patientinstructions/000802.htm> <https://newsnetwork.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-time/> <https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>



Feel Better By Eating Better!

Rainforest Smoothies

- 3/4 cup frozen mango chunks
- 1/2 cup frozen chopped kale
- 2 tbsp honey
- 3/4 cup frozen pineapple chunks
- 2 cups reduced-fat milk or plant-based milk

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

Source: <https://www.savoryonline.com/recipes/177717/rainforest-smoothie>

Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

Matthews Location

(704) 847-6351

Waxhaw Location

(704) 843-7000

South End Location

(980) 833-1293

Monroe Location

(704) 283-6700



Reducing Stress With Mindfulness

There are several stressors that each of us deal with on a daily basis. Between doing our jobs, taking care of our families, and paying attention to current events, it's hard not to be stressed sometimes! However, there are ways to combat stress, such as practicing mindful behavior.

According to Help Guide, mindfulness has been found to be a key element in stress reduction and overall happiness. Being mindful means that you are focusing your attention on the present moment, accepting and observing it for what it is without judgement.



Free 30-Minute Consultation

These exams will be with a licensed Physical Therapist and will include:

- A review of your history
- An examination and diagnosis of any existing pain or difficulty
- Recommendations on how we could treat your problems
- Ideas of what you can do at home for relief, maintenance, & prevention

To register, simply contact one of our physical therapy clinics nearest you or visit PhysicalTherapyCenter.org.

If you practice mindfulness on a daily basis, you will be better able to respond to stressful situations in a calm and level-headed manner. The less stress you experience, the lower your risk is of developing many health problems that are directly correlated to stress.

Practicing mindful behavior improves your mood, and helps your brain to function and focus more efficiently. Mindfulness allows you to be more focused, which keeps you safer and healthier. It also brings a more open attitude towards the unknown. This decreases feelings of anxiety or worry.

There's no reason to crack under pressure! Learning new breathing techniques to center yourself during the day and paying attention to what kinds of stress affect what parts of your body can really help your health in the long run.

To learn more about stress management, contact our physical therapy clinics or visit PhysicalTherapyCenter.org.



Fun Winter Facts

1. The average snowflake falls at around 1-6 feet per second.
2. The record for the world's largest snow-woman was set in Bethel, Maine in 2008. The snow-woman stood 122 feet 1 inch in height.
3. The Earth is closest to the Sun during winter.
4. More than 22 million tons of salt are used on U.S. roads each winter.

Free Workshop - Shoulder Pain

December 12, 2020 at 10:00AM

2400 South Blvd | Suite 203 - Charlotte, NC 28203

The Shoulder Pain Workshop is for people suffering with shoulder pain who are looking to feel normal again and heal naturally without medications, injections, and surgery.

Due to COVID-19 restrictions, this workshop is limited to the first 20 people to register. Call (980) 833-1293 to reserve your spot today!