



NEWSLETTER

# RELIEF FOR RADIATING NECK PAIN & HEADACHES

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# NEWSLETTER

## RELIEF FOR RADIATING NECK PAIN & HEADACHES



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If you really had to narrow down the frustrations that come with dealing with chronic pain, perhaps the single largest frustration would be having to deal with the pain day after day. Chronic pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge, as can sitting in a desk chair all day, or attempting to pick up your child when he or she is upset. Some of these tasks are more difficult to get around than are others, and, depending on how the pain is impacting your life, the stress of having to go through extra steps to make basic things happen can really get out of hand.

Neck pain is one of those types of pain that is difficult to work around. Pain in the neck and back will frequently begin to radiate the longer it hangs around, and that could mean shooting pain up your neck and back, all the way into the base of your skull. Once neck pain begins to turn into headaches, attempting to concentrate at work can become exceedingly difficult.

#### What Causes Neck Pain?

There are a large number of culprits that could be behind your experience of neck pain, including accidents, such as a car accident or a slip-and-fall accident, as well as sporting injuries. The reason why neck pain frequently becomes so severe is due to the fact that blood vessels have to pass through your neck to reach the head. A spasm in the neck muscles could lead to constricted blood circulation, and therefore migraine headaches. What's worse, since the neck is connected to the spinal column and therefore connected to the nervous system, pain in the neck can quickly develop

into tingling or numbness in the hands, arms and fingers, which can be uncomfortable and frustrating when you are going about daily tasks.

When neck pain develops as a result of a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine headaches. The pinched nerve can cause pain to radiate from the neck into the skull and can cause a disruption to typical nerve patterns. Working with a physical therapist can help you address pain caused by a pinched nerve, and therefore can reduce the severity of headaches that develop as a result of neck pain.

#### Physical Therapy and Neck Pain

The good news is that there is actually a lot that you can do to support the healthy operation of your neck, thereby reducing the severity or frequency of your neck pain. Working with a physical therapist is the best way to address neck pain.

During physical therapy, your neck pain will be addressed holistically, taking into consideration the initial injury that may have caused the pain to develop, but also any other habits, movements or compensations that may be contributing to the discomfort. Physical therapy takes advantage of strategies like massage, stretching and muscle training to reduce neck pain, and many of these strategies can be adopted in part at home or on the-go to help you address your neck pain when it is bothering you the most.

**SCHEDULE A CONSULTATION TODAY  
GET RID OF YOUR ACHEs AND PAINs!**

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# What Can I Do To Relieve My Pain?

Adopting healthier habits can have a big impact on your management of neck pain. These include:

- Practicing improved posture
- Wearing recommended footwear
- Using lumbar support in your desk chair or car
- Exercising regularly
- Engaging in regular stretching, like yoga

One of the primary goals of physical therapy is to address whole-body well-being by encouraging improved overall health. In many situations, this includes improved flexibility and range-of-motion training, muscle building and strength training, and even in some cases, encouragement with cardiovascular activities and weight loss.

At the end of the day, the best way to be free of neck pain is to prevent neck pain from developing, and working with a physical therapist can help you in this regard, as well. The tasks that you do every day can build up over time and cause a lot of stress on your body, and the neck and shoulders are some of the most common places to carry that stress. You may not even realize the impact that simple tasks that you do every day have on your body and your experience of pain. Things like driving, lifting



heavy objects – like packages at the front door or even your groceries – and repetitive movements like hunching over a keyboard at work can all seriously impact your neck pain.

The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. If you experience an injury, the smart thing to do is to consult a physical therapist soon after the pain develops.

Source: <https://www.moveforwardpt.com/symptomsconditionsdetail.aspx?cid=8402b1d2-6580-41b2-b4ff-25a0c6bdac3a> • <https://www.verywellhealth.com/pinched-nerve-headache-treatment-1719581>

Call us today to schedule an appointment (907) 562-2118.



## Shamrock Green Shake

### INGREDIENTS

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if necessary)
- 1 cup plain Greek yogurt
- 2 handfuls of spinach (about 1–2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

### INSTRUCTIONS

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>



CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

# Patient Success Spotlight



**“They worked with me for months and I can confidently say they made a difference.”**

*“I came to Wise for multiple issues that caused me pain in my daily activities. I was given so many useful tools that I will continue to use from now on. My pain has decreased a great amount from incorporating those tools. They worked with me for months and I can confidently say they made a difference. Thank you.” - L.S.*

## Relieve Pain In Minutes

Try this movement to find relief from neck pain.

Strengthens Neck



### RETRACTION | CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders. Hold for 10 seconds and repeat 3 times.



### Do You Have Friends Or Family That Can't:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

Name: \_\_\_\_\_

Referred by: \_\_\_\_\_

**A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!**

## Call (907) 562-2118 Today!

## Benefits of Spring Cleaning!

- **Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.
- **Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.
- **Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Saxe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." Personality and Social Psychology Bulletin. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.



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## “Our Mission is Movement!”