

N E W S L E T T E R

ARE YOUR HEADACHES & NECK PAIN CONNECTED?

*COME BACK TO PHYSICAL THERAPY
& DON'T WASTE YOUR BENEFITS!*

DETAILS INSIDE

INSIDE:

- The Problem With Posture
- It's Easier To Get Physical Therapy Than You Think!
- Exercise Essentials
- FREE 15 Minute screens



N E W S L E T T E R



THE CONNECTION BETWEEN NECK PAIN & HEADACHES

INSIDE:

- Helping Aches and Pains
- Exercise Essentials
- It's Easier To Get Physical Therapy Than You Think!
- FREE 15 Minute screens



Headaches have a bad habit of making their appearance at the most inconvenient times. The middle of the workday, early in the evening when you have hours of responsibilities ahead of you, or even first thing in the morning when you are trying to pay attention to your morning meeting – headaches don't care how important the work ahead of you is. When they start, they are hard to stop. There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents, to stress and allergies, headaches happen to the best of us. However, there are some headaches that may be a bit more predictable than others. Factors like your posture, the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk for experiencing regular headaches because of the intricate network of nerves and muscles in your neck.

WHEN NECK PAIN LEADS TO HEADACHES

The majority of the time, neck pain starts out as a seemingly small concern. A crick in your neck here or there may start to develop more frequently, and before you know it, your experience of neck pain is something you are dealing with daily. It isn't always the result of

something large. While being in a car accident or experiencing another sort of injury can definitely lead to chronic neck pain, the cause of the issue isn't always as simple to identify. Sometimes it is a bad habit that you don't really think twice about, like your habit of watching TV as you fall asleep, keeping your neck at an odd angle as you rest for the evening, or maybe as a result of your posture as you type at your desk every day, hunched over at the shoulders with your neck catching the brunt of your slouch.

These poor habits are common, and most of us consider them to be harmless. Sure, you know it isn't great for you, but what is actually going to happen? It's a lot easier to slouch as you type, and who doesn't want to catch a few late-night laughs as they fall asleep? But the reality is that these seemingly irrelevant habits could be putting undue stress on your neck, and if you aren't careful, this could translate to regular and uncomfortable headaches that are difficult to get rid of.

Come back to physical therapy today!
Give us a call today at 501.781.2701 or visit
www.JEPhysicalTherapy.com to schedule your appointment!



FIND NATURAL, SAFE & EFFECTIVE HEAD & NECK PAIN RELIEF

Are you in pain as a result of an injury, illness, or surgical procedure? If so, it is likely that you would benefit from manual physical therapy.

UNDERSTANDING MANUAL THERAPY: We receive many first-time physical therapy patients who come in thinking their treatments will be painful, uncomfortable, or even agonizing due to the condition they are in. However, that is not the case at all! If you are apprehensive, let us ease your mind a bit: Manual therapy is just one of the tools used at Joint Effort Physical Therapy that allows our physical therapists to mobilize stiff joints and soft tissue. We have received extensive training in specialized manual therapy techniques from a wide variety of schools and instructors. This specialized form of treatment helps in reducing swelling, decreasing restriction, mobilizing joints, and increasing your range of motion.

I'M NERVOUS ABOUT MANUAL THERAPY - IS IT SAFE? In a word - yes! One of the greatest aspects of manual therapy is that it is non-invasive. It also doesn't require any harmful medications. Instead, our Hot Springs, AR physical therapists use a variety of techniques that help move your tendons, ligaments, and joints in ways that relieve pain and promote healing. They also help in reducing scar tissue and minimizing swelling. Our physical therapists are highly trained medical professionals who understand the limitations of your body, as well as its capabilities. In fact, many patients notice improvement after just one session of manual therapy! Manual therapy techniques may include, but are not limited to:

- **Soft Tissue Massage:** Physical therapy massage treatments are a little different than those you might see at a spa. These are more

therapeutic in nature, and with a medical intention. Our Hot Springs, AR physical therapists use massage treatments as a way to manipulate the soft tissues, working to break up scar tissue and adhesions caused by inflammation or injury. This is done through deep pressure and rhythmic stretching, allowing them to find and mobilize areas of your body that are heavily restricted. These techniques also help to improve blood flow and circulation of the affected muscles and soft tissues.

- **Mobilization:** When you experience severe pain after sustaining an injury, it is usually the result of a restricted joint. Our physical therapists are specially trained in mobilizations to restricted joints by applying pressure at a low velocity. Mobilization techniques are safe, effective, and painless, allowing for an increase in your range of motion, and the improvement of the restricted joint's mobility.

- **Manual Traction:** When our physical therapists perform manual traction, they will apply gentle force to a certain area of the body, in order to gently stretch the soft tissues and restore normal, natural movement. While the neck is the most common area for manual traction, it can also be performed on other parts of the body, including the arms, legs, and back.

We can help you find relief! Give us a call today at 501.781.2701 or visit www.JEPhysicalTherapy.com to schedule your appointment!

THANKSGIVING TRIVIA

1. _____ is the president who formalized the turkey pardoning tradition in 1989.
2. There are ____ towns in the United States named "Turkey."
3. The average number of calories consumed on Thanksgiving is ____.
4. Butterball answers more than _____ turkey-cooking questions via their Butterball Turkey Hotline each November and December.
5. The tradition of football on Thanksgiving began in ____ with a game between Yale and Princeton.



EXERCISE ESSENTIALS

Helps Relieve Neck Pain



RETRACTION | CHIN TUCK

Start in a seated position with your back straight. Slowly draw your head back so that your ears line up with your shoulders. Hold this position for 10 seconds, then release.



FIND RELIEF BY THE HOLIDAYS.

IT'S EASIER TO GET PHYSICAL THERAPY THAN YOU THINK!

Did You Know You Have Direct Access To Physical Therapy?

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed. In the state of Arkansas you have direct access to physical therapy!

You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well. Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to physical therapy.

Patient Success Story:

After several treatments, my pain is less and I'm a happy camper!

"30+ years ago, I had a rotator cuff surgery and about 4-5 months ago, my shoulder started bothering me again with aching pain. Wanting to avoid another surgery if possible, I opted to try the shock wave therapy for pain relief. After several treatments, my pain is less and I'm a happy camper! Thank you Joint Effort!!" – T. Mansfield

www.JEPhysicalTherapy.com
501.781.2701

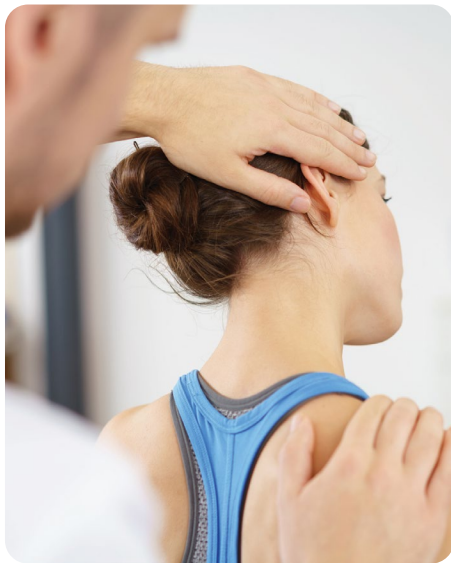
FREE ROTATOR CUFF WORKSHOP

THURSDAY, NOVEMBER 11TH AT 6 PM

Don't miss out on this opportunity to get to the bottom of your shoulder pain and learn how to prevent future shoulder or rotator cuff injuries. Be sure to sign up today as seating is limited. Scan the QR code below with the camera of your smartphone to sign up for this workshop today!



CALL 501.781.2701 TODAY!



*Come back to physical therapy and **don't** waste your benefits!*

**10 SPOTS RESERVED FOR
FREE 15 MINUTE SCREENS**

 **JOINT EFFORT
PHYSICAL THERAPY**

TO REDEEM, GIVE US A CALL & MENTION THIS COUPON!

(501)-781-2701

Offer valid for the first 10 people to schedule.
Expires 10-31-21