

N E W S L E T T E R

FINDING NATURAL RELIEF FROM NECK PAIN

INSIDE:

- Getting To The Bottom Of Neck Pain
- Tips For Better Heart Health
- Exercise Essentials
- Valentines Word Search

Neck pain can be both debilitating and terrifying. When you experience an injury that leaves your neck in severe pain, the thought of not being able to freely turn your head is overwhelmingly stressful. What's more, the pain itself is unbearable, and since the neck is so sensitive to injury, it is important to be as careful as possible in finding treatment and solutions for the pain.

(continued inside)



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*(continued from outside)*

It is incredible to realize how common neck pain is — especially among American adults! More than two-thirds of U.S. adults will develop neck pain at least once in their life, and the reasons for the neck pain are as varied as the population of the nation itself. Injury, muscle strain and even stress can cause significant pain in the neck and upper back. If you aren't careful, a neck injury can lead to chronic pain, and it is even possible for chronic headaches like migraines to develop as a result of regular neck pain.

There are a lot of different ways that you can relieve neck pain, but the best treatment for your personal needs depends entirely on the type of injury that you've experienced.

Here is a quick breakdown of what could be going on to cause your neck pain:

If your pain is developing gradually over time and is not the result of any particular injury that comes to mind, then it may be a result of degenerative

disc disease. When this develops, you may experience chronic neck pain as a result of fluid-filled sacs that are becoming weakened over time as a result of stress and strain. Physical therapy can help alleviate the pain from degenerative disc disease by helping restore blood circulation and improve range of motion in the neck. This therapy is approached in a careful and deliberate way so as to not cause further pain in the neck region.

Sometimes, neck pain develops after a particular injury, such as due to accident or even as a result of a car accident or a slip and fall accident. When this happens, your pain could be a result of a muscle strain or sprain. When this is the case, then using traditional methods like hot and cold therapy and targeted physical therapy treatment can do a lot of good to alleviate the pain. However, attempting exercises on your own could also result in further pain.

Stop letting pain get in the way.

Give us a call today at (501) 781-2701 or visit
www.jephysicaltherapy.com to schedule your appointment!



GETTING TO THE BOTTOM OF NECK PAIN

In some cases, mechanical neck pain can develop as a result of a change in the neck joints. This may develop as a result of a disc collapsing, which causes the space between the bones to become narrow, often causing bones to strike one another, resulting in pain. When this isn't addressed, mechanical neck pain can spread, causing the pain to become more severe and covering a wider range of the neck.

Finally, neck pain is sometimes caused by radiculopathy, which refers to pressure or irritation in the nerves of the neck, which alters the electrical signals in the neck, causing you to feel more pain throughout the day. Physical therapy can help reduce the pressure and irritation surrounding the nerves, often offering immediate relief from pain and discomfort.

These are just some of the frequent causes of neck pain. It is important that you never assume that your neck pain is being caused by one or another of these issues, and that you instead always work with a licensed and experienced physical therapist to determine the precise cause of your pain and discomfort.

Is Your Neck Pain Caused By Sleep Issues?

There is one more factor that often is not spoken about, but it's a frequent



cause of neck pain and discomfort: sleeping issues. Sometimes, sleeping in a certain position or sleeping on a mattress or pillow that is too soft or too hard will lead to neck pain. Oftentimes, this pain will appear to be chronic, as the sleeping issue is likely something that you experience day after day, causing the pain to return regularly.

It may be helpful to rule out sleeping concerns as a reason behind your neck pain by assessing your sleeping conditions and making any changes that you think may be necessary. Adjust how many pillows you sleep on, the position you sleep in or even your mattress!

For more support in finding relief from neck pain, talk to your physical therapist.

www.jephysicaltherapy.com

TIPS FOR BETTER HEART HEALTH

- **Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- **Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- **Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- **Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- **Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

EXERCISE ESSENTIALS

Helps Stretch Neck



CHIN TUCK SUPINE

While lying down on your back with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.



CALL TODAY!

VALENTINES WORD SEARCH

C U U U V A L E N T I N E S J
F U A H U E Q J J X N Q R K P
U T P H R Q Z P S W E E T C Q
X J W I J A U H A A W M A R V
Q I F R D R C D E O C X J B L
Z M D O Z R C X L A C T G Z L
S H P Y U O H F L M R K A S C
S K E C N W O V F O W T X D H
Y I P H R G C P E H V V F Y U
G S U L D Q O M U N O E E N G
I S Q W U U L D L V M O Q J S
F E A L Q C A N D Y W J Z E J
T S X R F Y T V K N S J Z G B
A O W X G N E F C Z A Y O C H
A O J Z K Q H P D T C O R D F

- Gift
- Hugs
- Love
- Arrow
- Candy
- Cupid
- Heart
- Sweet
- Kisses
- Flowers
- Chocolate
- Valentine

LASER THERAPY

Laser therapy relieves pain and inflammation associated with:

- Sprains & Strains
- Low Back Pain
- Shoulder & Knee
- Sports Injuries
- Neck Pain
- Disc Issues
- Sciatica
- Tendonitis & Tendonosis
- Foot & Ankle Conditions
- And Much More!



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HEALTHY RECIPE

PINK SUNRISE STRAWBERRY SMOOTHIE



- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- 1/2 - 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk - regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

Place all ingredients into a high speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

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REFER A FRIEND!

WHO DO YOU KNOW THAT NEEDS OUR HELP?

THE FIRST 5 PEOPLE TO REFER A FRIEND OR FAMILY MEMBER TO JOINT EFFORT WILL RECEIVE A \$20 WALMART GIFT CARD!

- Move Without Pain
- Bend & Move Freely
- Balance Confidently
- Stand Comfortably
- Run & Walk For Longer Distances
- Live An Active Lifestyle

If you know someone that may be able to benefit from physical therapy, please pass along this newsletter or have them call us directly to schedule an appointment.

**Referred friend/family member must become a patient for you to qualify*