

N E W S L E T T E R

IS STRESS CAUSING YOUR NECK PAIN?

INSIDE:

- How Physical Therapy Can Help My Neck Pain
- Have You Met Your Insurance Deductible?
- Exercise Essentials
- Coupon Corner

Does your neck hurt? You might be suffering from stress-related pain – also called a tension head-ache. 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..

(continued inside)





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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.

Call one of our professionals today at (501) 781-2701 and ask about your physical therapy options. Your mobility is important, and your pain can be treated.



HOW PHYSICAL THERAPY CAN HELP MY NECK PAIN

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activity 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, and schedule an assessment. Even if your neck pain is caused by stress, it still needs attention. 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>
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<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0027055/> <https://medlineplus.gov/ency/patientinstructions/000802.htm>
<https://newsnetwork.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-time/>
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www.jephysicaltherapy.com

HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered yes, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses.

This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2021, before your deductible renews again!

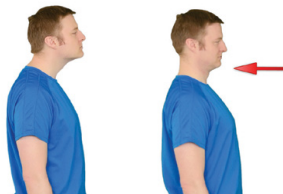
EXERCISE ESSENTIALS

Helps Relieve Neck Pain



RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders. Hold for 5 seconds. Repeat as necessary.



CALL TODAY!

PATIENT SUCCESS SPOTLIGHT



"I JUST CAN'T THANK THIS WONDERFUL GROUP OF PEOPLE ENOUGH!"

"When I started going to Joint Effort PT, I was in constant pain from Shingles, Arthritis, and other health problems. After working with Rob, family and friends noticed a difference in me. I just can't thank this wonderful group of people enough! Thank you Rob, Gretchen, and the team for having such loving and caring hearts. They also keep the place very clean and sanitized, that means a lot with all that is going on now. Thanks again Rob, Gretchen, and staff!" - **Nancy R.**

METHOD SPOTLIGHT: MANUAL 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.

**Physical Therapists are highly skilled in the use of manual therapy for mobilization. As such, we can treat using mobilization, NOT manipulation. To clarify, our specialized physical therapy treatment does NOT include joint manipulation.*

(501)-781-2701

OUR PROCLAMATION SIGNING



From left, Gretchen Cellers, PTA, Keeli Buck, Care Coordinator, Rob Jordan, PT, Pat McCabe, City Mayor, Megan Whitehead, PT, Dedrick Richardson, PTA

CELEBRATING NATIONAL PHYSICAL THERAPY MONTH

We attended our Proclamation Signing with Pat McCabe, Mayor of the City of Hot Springs, Arkansas. We would like to share the proclamation statement and express our gratitude to everyone who has helped make this possible for us!

Proclamation Statement: "Now, Therefore, I, Pat McCabe, Mayor of the City of Hot Springs, on behalf of the Board of Directors of the City of Hot Springs, do hereby proclaim October 2020 as National Physical Therapy Month in Hot Springs, Arkansas. In Witness, Whereof, I have hereunto set my hand and caused the Seal of the City to be affixed on this 20th day of October in the year of our Lord, two thousand twenty."

-Pat McCabe, Mayor

www.jephysicaltherapy.com

COUPON CORNER

**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 11-30-20