



— 2020 —

NEWSLETTER

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IS STRESS CAUSING YOUR NECK PAIN?

- How Can Physical Therapy Help My Neck Pain?
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THE THERAPY FIT
PHYSICAL THERAPY

2020

NEWSLETTER

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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



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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.

"98.4% OF THERAPY FIT PATIENTS AVOIDED SURGERY FOR MUSCULOSKELETAL CONDITIONS WITH PHYSICAL THERAPY TREATMENT IN 2019."

HOW CAN PHYSICAL THERAPY 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>
<https://www.everydayhealth.com/neck-pain/neck-pain-reduce-stress.aspx>
<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/>
<https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>

SCHEDULE AN APPOINTMENT BY CALLING 972-587-9404 TODAY!



HOLIDAY RECIPE

Christmas Toffee

INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy

INSTRUCTIONS

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

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PATIENT SUCCESS SPOTLIGHT



"With the help of Dr Reddy I've met or exceeded the typical recovery goals along the way."

"My experience at Therapy Fit was great! I went in with severe back pain (disc bulge) and within 3 weeks my back pain was super minimal and now almost nonexistent. They continued to monitor my progress closely and adjusted my workouts accordingly, with the help of Dr. Reddy I've met or exceeded the typical recovery goals along the way. He is very knowledgeable, professional and interested in getting my issues resolved. Jasmine is very friendly and helpful getting me to stretch, understand and master all exercises. The entire team here is great. I would highly recommend this place to everyone." - A.N.

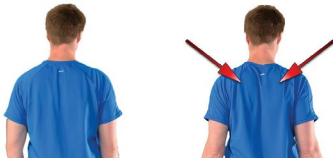
EXERCISE OF THE MONTH



SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders. Re-peat 6 times.

Improves Posture



This exercise is designed for pain prevention call your therapist if you are experiencing any pain!

BENEFITS OF DIRECT ACCESS PHYSICAL THERAPY

What is Direct Access for Physical Therapy mean?

Direct Access means that you now have the option of choosing Physical therapy services right away without having to see your PCP or other Specialists.



Benefits of Direct Access Physical Therapy. Researchers have compared the patient benefits of direct access physical therapy versus therapy treatment after physicians' referral. Studies conclude that accessing physical therapy treatment without a physician's referral is safe, cost-effective, and provides faster delivery of health services. Studies also support physical therapists' ability to accurately diagnose musculoskeletal problems as well as systemic illness based on a patient's clinical presentation and past medical history.

#1: Patients are able to receive treatment quickly. With Direct Access, a patient can receive some type of physical therapy in all 50 states of the US without a physician's referral. This reduces a lot of waiting time to get an appointment to see a primary care physician. Sometimes, it takes patients weeks (or even months) to obtain a doctor's visit. In this time period, the patient is likely to begin taking over-the-counter medications for pain or swelling, and may even go to an emergency room to seek immediate relief. There is also more chance of aggravating the condition during the wait period. By the time the patient does get to see the doctor, the physician will likely prescribe physical therapy for pain management. Therefore, with direct access PT, patients spend less time and effort on scheduling a physician's visit or in the ER.

#2: Direct access PT is cost-effective. Since a patient can receive some relief from pain almost immediately, direct access PT is proven to be more cost-effective than physical therapy treatment after physicians' referral. Physical therapy often reduces the need for medications, injections, or imaging. In fact, with direct access PT, studies support fewer number of PT visits and quicker recovery. This benefits patients, insurance companies, and therapists.

#3: Patient satisfaction scores are higher. Studies reveal direct access PT patients have higher satisfaction rates from their PT services than PT services without direct access. Even though the physical therapy treatments were essentially identical, the ability to receive PT services faster as well as having quicker recovery were the two main reasons for higher patient satisfaction.

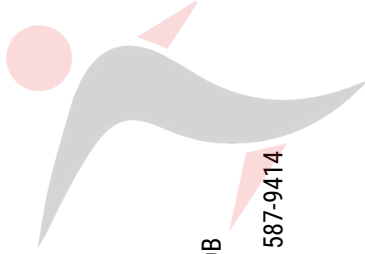
#4: Direct access PT uses alternative pain management methods. The CDC recommends alternative pain management methods via physical therapy to reduce the need for opioid use. With direct access PT, a patient can receive benefits quickly, and is, therefore, less likely to utilize pain medications. By incorporating alternative treatment approaches for pain, physical therapists help reduce the burden of opioid addiction.



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REFER A FRIEND

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Who do you know that needs our help? Refer a friend or loved one to Therapy Fit! **Simply have them contact us at (972) 587-9404 or visit our site to schedule an appointment.** We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



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