

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

A SUBSIDIARY OF



Southwest Sport & Spine Center, Inc.
"Powerful results to get you BACK into action."

FIND RELIEF FOR YOUR RADIATING NECK PAIN & HEADACHES

PHYSICAL THERAPY COULD HELP



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YOU CAN ENJOY LIFE WITHOUT **NECK PAIN & HEADACHES**

Do you have neck pain that seems to trigger headaches? Have you noticed that the worse your headaches are, the stiffer your neck and upper back get? At FYZICAL, our therapist will help you figure out the connection between headaches and neck pain, and more importantly, how to find relief!

Neck pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge. Making it through a day sitting at a desk becomes a nightmare. Carrying groceries or attempting to pick up your child when they are upset becomes impossible to do without pain. 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 get out of hand.

The good news is that with guidance from our physical therapists, you can find solutions to your pain and find out how to manage your headaches. Call FYZICAL today to learn how to help you live the life you want, with less pain!

What causes radiating neck pain and headaches? Neck pain is one of those types of pain that is difficult to work around. Neck pain will frequently radiate up into the base of your skull and into your head. Once neck pain begins to turn into headaches, attempting to concentrate becomes exceedingly difficult.

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. One of the most common ways to trigger pain in your neck that radiates to the head is through weightlifting or other sports-related injuries.

Sometimes what causes your neck pain is a bad habit that you don't think twice about, like watching TV at the end of a long day, keeping your neck at an odd angle as you enjoy your favorite show. Or maybe your headache/neck pain starts from your posture as you type at your desk every day hunched over.

We usually consider these poor habits to be harmless. But the reality is that they could be putting undue stress on your neck, and if you aren't careful, this could translate to a pinched nerve. When neck pain develops due to a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine-like headaches. The pinched nerve can radiate from the neck into the skull and can cause severe pain.

The cause of the issue isn't always as simple to identify. Working with a physical therapist at FYZICAL can help to clarify the source of the pain and, more importantly, the solution.

HOW PHYSICAL THERAPY HELPS RADIATING NECK PAIN & HEADACHES

The good news is that there is a lot you can do to support the healthy operation of your neck, thereby reducing the severity or frequency of your 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 and any other habits, movements, or compensations that may contribute to the discomfort.

Physical therapy uses strategies like manual therapy, targeted stretching, and strengthening exercises to reduce neck pain. Most of these strategies can be adopted as a home program to help you address your neck pain when it's bothering you the most.

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

- Practicing improved posture
- Using lumbar support in your desk chair and car
- Exercising regularly
- Engaging in yoga or Pilates

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 activities that reduce your stress, including walks or meditation.



The best way to be free of neck pain is to prevent it from developing. The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. The intelligent thing to do is to consult a physical therapist as soon as possible!

Contact us for an appointment. If you're struggling with recurring headaches and neck pain, call FYZICAL today for a comprehensive assessment. **We're here to help you alleviate and prevent your pain once and for all!**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>

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HEALTHY RECIPE: HEART HEALTHY HUMMUS

INGREDIENTS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley



DIRECTIONS

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rcp-20049675>

PATIENT SUCCESS SPOTLIGHT



They've done a great job of listening to my challenges due to injuries and/or conditions!

"Dr. Bitton and his staff have been caring, patient, and provided professional services on each of my visits. They've done a great job of listening to my challenges due to injuries and/or conditions. I appreciate the way they explain what's contributing to my pain and how the therapy and at-home exercises will help me feel better and live better." - **Y.M.**



**WE MAKE IT
EASY TO LEAVE
A REVIEW!**

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame
(this will take you directly to our Google Review page)
3. Explore our website!



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GO RED FOR HEART DISEASE IN WOMEN

It's time for women to take charge in their own heart health. Celebrate heart health month by following these 8 simple tips:

1. **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.
2. **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.
3. **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.
4. **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.
5. **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.
6. **Think beyond the scale.** If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
7. **Ditch the cigarettes, real and electronic.** If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
8. **Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).

