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## FIND PEACE IN GAINING NECK PAIN RELIEF



### INSIDE:

- How Physical Therapy Can Help My Neck Pain
- Patient Success Spotlight
- Exercise To Do At Home
- Healthy Recipe



# IS STRESS CAUSING YOUR NECK PAIN?

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.

**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.

# 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 manual therapy that will offer more flexibility and appropriate exercises to strengthen 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>



## CONTACT US AT (703) 368-7343

### PROTEIN PB & J SMOOTHIE BOWL

#### INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

#### DIRECTIONS

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

<https://www.skinnytaste.com/protein-pb-j-smoothie-bowl/>



# Exercise To Do At Home

Stretches neck

## CERVICAL RETRACTION

Sit in a chair with good posture and your feet flat on the floor. Press your fingers into your chin until you feel a stretch in the back of your neck. Hold for 15 seconds and repeat 3 times.

SimpleSet Pro  
www.simpleset.net



## PATIENT SUCCESS SPOTLIGHT

“The staff is very friendly, kind, and interested in helping you to get better. I was concerned about the pain I was experiencing. It became emotional for me, and it took a couple of months to heal. Erin took care of me and offered a wellness plan for me to continue once my physical therapy was over. Her two other PT assistants Alenka and Millie were very attentive! I believe I injured my neck, shoulder, and shoulder blade by overdoing yard work. Having had spinal surgery in the past, I was very concerned I was headed down that path again. After weeks of therapy, it has finally worked. The days to follow after my treatment was over, I now have little to no pain. Thank you, Erin and FYZICAL Therapy Balance Centers. I have used this center for over 10 years now. I recommend Dr. Ebbecke and his staff to everyone I come across who needs physical therapy services. The clinic is very clean and they do not overbook or have it crowded with too many clients at one time. I hope they will always stay in this area.” - **Barbara F.**

Schedule an appointment today! **703-368-7343**

## ATTENTION GOLFERS...DO YOU WANT TO IMPROVE YOUR GAME?

SIGN UP TODAY FOR A GOLF FITNESS SCREEN AT FYZICAL MANASSAS

Today's approach to player development has evolved beyond the basics of instruction and equipment to now include fitness. Physical conditioning includes improving aspects of the body that can affect performance. Perhaps you have already obtained some new equipment or received instruction to improve your shot making skills. But have you taken steps to make sure your body, the most important element in the game, is ready? Have you attempted to play with an injury in the past and hope that it won't again become an issue? Golfing with a healthy and efficient swing will help decrease the possibility of injury.



**The Golf Fitness Screen.** Designed to identify deficits in a golfer's biomechanics which have been linked to injury and poor performance, the session lasts approximately one hour. It consists of mobility, stability and balance tests specific to the demands of golf. Once completed, a series of exercises are prescribed which are designed to address the assessment findings. **Normally \$125, we are offering a 25% discount on the Golf Fitness Screen through the month of June.**

The golf fitness screen is performed at Piedmont Physical Therapy by Dr. David Ebbecke. Dr. Ebbecke has been a practicing physical therapist specializing in orthopedics and sports rehabilitation since 1996. In addition to his interests in treating golfers, Dr. Ebbecke also enjoys working with lower extremity biomechanics to assist athletes and runners of all skill levels. He is also the owner of FYZICAL Manassas. **Contact us at (703) 368-7343 to schedule your Golf Fitness Screen today!**

## FUN & GAMES

9	8		3		4	6		
	5		7	1				
7				6				
2			3	8	5			
		5	6		1	2		
		6	9	2				4
				9				2
			4	7		3		
		4	5		3		7	6

http://2sudoku.com

n° 25348 - Level Medium



Do you have any questions? Give us a call and we will put you on the phone with one of our therapists!  
**(703) 368-7343**

