

NEWSLETTER

A photograph of a man with short dark hair and a beard, wearing a white t-shirt, carrying a young child with curly hair on his shoulders. The child is wearing a white shirt and green overalls. They are in a park with green trees and a playground in the background. The man is smiling and looking up, and the child is also looking up. The text "STAY A NECK AHEAD OF YOUR CHRONIC PAIN" is overlaid in white on a blue background.

STAY A NECK AHEAD OF YOUR CHRONIC PAIN

INSIDE THIS NEWSLETTER:

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N E W S L E T T E R

FINDING RELIEF FROM NECK PAIN



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.

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.

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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. [\(continued inside\)](#)

WHY ARE YOU SUFFERING FROM NECK PAIN?

(continued from outside) 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.**

Call New Orleans: 504-861-4693 or St. Bernard: 504-277-6052 today to schedule an appointment!

EXERCISE ESSENTIALS

TRY THIS EXERCISE TO STRETCHES NECK.

SIDE NECK STRETCH

Place one hand on the side of your head, then pull your head towards your shoulder. Hold for 15 seconds and repeat on both sides.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

ARE YOU IN PAIN?

25% OFF

IN-OFFICE PRODUCT OF THE WEEK

To see what our product promotion of the week is, call our office or check out our Facebook page for the promotional post! Scan this QR Code to be directed to our Facebook page! Give our office a call for pricing or if you'd like to know more!



CALL FOR MORE INFO TODAY



IF YOU'RE INTERESTED IN THERAPY OR FITNESS,
VISIT WWW.FYZICAL.COM/NEW-ORLEANS OR WWW.FYZICAL.COM/ST-BERNARD-LA
CALL US TO SCHEDULE YOUR APPOINTMENT WITH FYZICAL TODAY!

HOW YOU CAN IMPROVE YOUR SLEEP

The environment in which you sleep is one of the most important factors in creating a good night's sleep. This includes:

- 1. Noise.** If you experience sleep sensitivity, it is important to make sure that any unexpected noises are limited in your bedroom. Sleeping with a white noise machine or fan can help eliminate any additional environmental noises that may wake you up in the middle of the night.
- 2. Light.** If your room lets in excessive amounts of light in the morning, it may be beneficial to invest in some blackout curtains. Keeping your room dark will help you stay asleep through the night, even as the sun is rising. It is a great way to gain as much sleep as you can before your alarm goes off in the morning.
- 3. Temperature.** Have you ever woken up sweating, only to throw the blankets off and wake up freezing a couple hours later? The temperature in which you keep your bedroom has a large effect on your sleep. Your body temperature naturally decreases as a way to initiate sleep, so keeping a cooler bedroom can help facilitate your slumber. According to The National Sleep Foundation, the optimum bedroom temperature for a good night's sleep should be between 60-67 degrees Fahrenheit. If you feel cold, wearing socks or keeping a hot water bottle by your feet can help dilate blood vessels and increase your internal thermostat.
- 4. Mattress.** It may come as no surprise that what you actually sleep on also has a profound effect on the way you sleep. According to Tuck Sleep, mattresses with mid-level firmness ratings (4-6 out of 10) tend to help the most with alleviating pain, as they provide a balance between comfort and support. Mattresses that are too soft or too firm can actually increase pain levels during sleep, as they can create more pressure and target certain pain points.

Sleep is an essential part of daily function, and you shouldn't let your pain rob you from it! If you are experiencing sleep deprivation due to your chronic pain, contact FYZICAL today. **We'll provide you with helpful tips for gaining sleep and improving your daily life, free from pain and exhaustion.**



CHERRY-BERRY OATMEAL SMOOTHIES

INGREDIENTS

- 1/3 cup quick-cooking rolled oats
- 1/2 cup light almond milk
- 3/4 cup fresh strawberries
- 1/2 cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- 1/2 cup small ice cubes

DIRECTIONS

In a medium bowl combine water and oats. Microwave 1 minute. Stir in 1/4 cup of the milk. Microwave 30 to 50 seconds more or until oats are very tender. Cool 5 minutes. In a blender combine oat mixture, the remaining 1/4 cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.



<http://www.eatingwell.com/recipe/259841/cherry-berry-oatmeal-smoothies/>

HAPPY LABOR DAY!

The FYZICAL New Orleans and St. Bernard team wishes everyone a Happy Labor Day!



PATIENT SUCCESS SPOTLIGHT!



Over time, FYZICAL helped me to use and move my shoulder and joint!

"I came in for shoulder pain and joint injury. Over time, FYZICAL helped me to use and move my shoulder and joint, enabling me to move freely without any pain. The service and staff made it very important in the process and made me feel they were motivated to help and assist in the healing process. Thanks for getting me back in action. "FYZICAL, it's an uptown thing!" - **David W.**



Are you in pain? Have you sustained an injury? **Give your physical therapist a call today!**

NEW ORLEANS CLINIC

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ST. BERNARD CLINIC

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