ABILITY PHYSIOTHERAPY

Empowering Your Tomorrows



RELIEVE YOUR STRESS CAUSED NECK PAIN

WITH PHYSIOTHERAPY

INSIDE:

- How Physiotherapy Relieves Neck Pain
- Exercise Essentials
- Patient Success Spotlight
- 5 Tips For A Happier & Healthier Lifestyle

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NEWSLETTER

Helping You Re-Build Your Foundation



WHAT'S INSIDE

- How Physiotherapy Relieves Neck Pain
- Exercise Essentials
- 5 Tips For A Happier & Healthier Lifestyle
- Patient Success Spotlight

WHY CHOOSE OUR PHYSIO CLINIC?

- INDIVIDUALIZED APPROACH
- RESTORE YOUR FOUNDATION
- EMPOWERING YOUR TOMORROW

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?

Hip, knee, and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause. Mayo Clinic has pinpointed several leading causes of hip, knee, and leg pain. While many causes exist, the most likely are: 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.

Click To Call & Talk to a Physiotherapist: (403) 455-0077

HOW PHYSIOTHERAPY RELIEVES 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 re-lax 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/

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FREE CONSULT

FREE 20-MINUTE CONSULTATION

Expires February 28th, 2021.
Limited to the first 15 people who call in.



Healthy Recipe: Strawberry-Chocolate Greek Yogurt Bark

Ingredients:

- 2 1/2 cups pineapple juice
- 3 cups whole-milk plain Greek yogurt
- 1/4 cup pure maple syrup or honey
- 1 teaspoon vanilla extract
- 1 1/2 cups sliced strawberries
- 1/4 cup mini chocolate chips

Directions: Line a rimmed baking sheet with parchment paper. Stir yogurt, maple syrup (or honey) and vanilla in a medium bowl. Spread on the prepared baking sheet into a 10-by-15-inch rectangle. Scatter the strawberries on top and sprinkle with chocolate chips. Freeze until very firm, at least 3 hours. To serve, cut or break into 32 pieces. To make ahead: Freeze airtight between sheets of parchment for up to 1 month; let stand at room temperature for 15 minutes before serving.

5 TIPS FOR A HAPPIER & HEALTHIER LIFESTYLE

1. Shop Well For Yourself. It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

2. Schedule Your Exercise. Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

3. Just Say No. You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at a birthday party there and it all adds up. Just think twice before you take that food and decide if you really want it.

4. Skip the Baking. Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead of baking ahead of time, prepare ingredients for baked goods and put them in pretty jars and let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

5. Hydrate. Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64-ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

Patient Success Spotlight

"The staff is very friendly and accommodating."

"I went to Ability Physiotherapy after injuring my knee at work and the level of treatment I received was excellent. The staff is very friendly and accommodating. The scheduling was easy and the program, exercises, muscle machines, and hot/cold packs were all perfect, and exactly what was needed for a speedy recovery. Thanks so much to Krupal for being a very friendly, good physiotherapist and helping me get back to work. She is a good person!" - N.R.

Call to Schedule an Appointment
(403) 455-0077

Exercise Essentials

BILATERAL SUBOCCIPITAL STRETCH

While lying on a flat surface, put both hands behind your head, cupping the base of your skull with your thumbs. Tuck your chin downwards and apply a firm force up your skull with both thumbs to feel a moderate stretch in the back of the upper neck. Hold for at least 30 seconds and repeat as needed.



Always consult your physiotherapist before starting exercises you are unsure of doing.

EXERCISE YOUR MIND: Sudoku

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column, or box.

Discover the solution:
Scan the QR code below with your smartphone's camera.

n° 225096

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