



**THIS CAN BE YOUR
PAIN-FREE SUMMER.**

www.elliottphysicaltherapy.com

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THE CONNECTION BETWEEN NECK PAIN & HEADACHES

Find Relief with Elliot Physical Therapy.

Headaches have a bad habit of making their appearance at the most inconvenient times. The middle of the workday, early in the evening when you have hours of responsibilities ahead of you, or even first thing in the morning when you are trying to pay attention to your morning meeting — headaches don't care how important the work ahead of you is. When they start, they are hard to stop.

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents, to stress and allergies, headaches happen to the best of us. However, there are some headaches that may be a bit more predictable than others. Factors like your posture, the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk for experiencing regular headaches because of the intricate network of nerves and muscles in your neck.

WHEN NECK PAIN LEADS TO HEADACHES

The majority of the time, neck pain starts out as a seemingly small concern. A crick in your neck here or there may start to develop

more frequently, and before you know it, your experience of neck pain is something you are dealing with daily. It isn't always the result of something large. While being in a car accident or experiencing another sort of injury can definitely lead to chronic neck pain, the cause of the issue isn't always as simple to identify.

Sometimes, it is a bad habit that you don't really think twice about, like your habit of watching TV as you fall asleep, keeping your neck at an odd angle as you rest for the evening, or maybe as a result of your posture as you type at your desk every day, hunched over at the shoulders with your neck catching the brunt of your slouch.

These poor habits are common, and most of us consider them to be harmless. Sure, you know it isn't great for you, but what is actually going to happen? It's a lot easier to slouch as you type, and who doesn't want to catch a few late-night laughs as they fall asleep?

But the reality is that these seemingly irrelevant habits could be putting undue stress on your neck, and if you aren't careful, this could translate to regular and uncomfortable headaches that are difficult to get rid of.

THE PROBLEM WITH POSTURE

Working with a physical therapist can help you to identify whether or not your headaches may be the result of neck pain or strain. One of the most common causes of headaches due to neck pain is forward head position. Forward head position means that when you are resting your head, you are continuing to hold your head slightly forward, which is a type of slouching position.

You can identify whether or not you have a forward head position by standing straight against the wall and determining whether or not your head rests against the wall as your back does. If your head does not touch the wall when you are standing straight, then you aren't fully standing up straight! As years go by and day after day you continue to hold your head in this forward position, you can start to experience pain as a result of strain in the muscles of the neck.

When this is an issue, working with a physical therapist may be able to help. Strengthening the muscles in your neck to alleviate neck strain can reduce the severity and regularity of your headaches. Strengthening the muscles that have grown tight along the back of your neck, as well as those along the shoulders, can help you find relief from the tension that is causing your pain.

COVID UPDATE

Dear Patient,

We know that everyone is excited about the Centers for Disease Control and Prevention (CDC) and Governor Baker's announcement that fully vaccinated people will no longer need to wear masks in many settings beginning May 29. This is another sign that we are getting back to normal. However, please note that this change does not apply to health care settings.

Patients and visitors to Elliott Physical Therapy and other health care facilities must continue to wear masks at all times when they are at our facilities. Employees will continue to do so as well. This is for the health and safety of everyone in our care.

We appreciate your understanding and look forward to seeing you soon.

Sincerely,

Patti & Darryl Elliott
Owners




When dealing with neck pain, it is important to remember that safety has to come first. While there are many simple activities you can try at home to begin strengthening your neck muscles, working with a physical therapist is the only way to ensure that you are strengthening in a way that won't potentially lead to greater injury. For more information, contact us.

EXERCISE ESSENTIALS

Try this movement to relieve pain.

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. Repeat five times.

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



elliott
PHYSICAL THERAPY



SERVICE SPOTLIGHT

DID YOU KNOW THAT ALL OF OUR CLINICS HAVE DRY NEEDLING SPECIALISTS?

Dry needling is a therapeutic modality used for treatment of soft tissue dysfunction including; tissue inflammation, sensitized nervous tissue, scar tissue formation, tissue adhesion and deficiency of blood and lymphatic circulation. It involves a hair-like needle that is inserted into symptomatic soft tissue to reduce tissue tension, improve microcirculation, and to normalize physiologic processes. The mechanical and neuromuscular effects of dry needling provide an environment that enhances the ability to heal, ultimately reducing pain and dysfunction.

Call to schedule with one of our dry needling specialists at any of our 6 Elliott Physical Therapy locations!



TRY THIS RECIPE! QUINOA STUFFED PEPPERS

INGREDIENTS

- 6 Bell peppers, medium
- 1 15 ounce can Black beans
- 1 cup Corn, frozen
- 2 Garlic cloves
- 1 Onion, small
- 1 15 ounce can Tomatoes
- 2 cups Vegetable broth
- 1 cup Quinoa
- 1/2 tsp Salt
- 1/4 tsp Black pepper
- 1 tsp Paprika
- 1 tsp Cumin
- 1 tbsp Olive oil
- 1 cup Monterey jack cheese

DIRECTIONS:

Place the quinoa and vegetable broth in a medium saucepan. Bring the mixture to a boil over medium-high heat. Lower heat to a simmer, cover the saucepan with a lid and cook covered until all the liquid is absorbed, for 15 minutes. Allow the quinoa to rest for about 5 minutes, without opening the lid, then fluff with a fork. Preheat oven to 375°F, and prepare the peppers by cutting them in half lengthwise and removing the seeds and membrane. Place the peppers in a baking dish cut side up, and pour water around the peppers — just enough to cover the bottom of the pan. Heat olive oil in a large nonstick skillet over medium heat. Add onions and saute until they start to soften, for about 2-3 minutes. Add the garlic and cook until fragrant, for 1 more minute. Stir in the cooked quinoa, diced tomatoes, black beans and corn. Season with cumin, paprika, salt and pepper. Reduce heat to low and cook for additional 5 minutes, stirring frequently. Carefully spoon the mixture into the sliced peppers and sprinkle the cheese on top. Bake uncovered until the peppers are tender and the cheese is melted, about 30-35 minutes. Add optional toppings and serve hot.

UNSURE IF TELEHEALTH PHYSICAL THERAPY IS FOR YOU?

FREE TELEHEALTH CONSULTATION

Schedule your FREE telehealth consultation with a physical therapist by calling us and mentioning this coupon!

WE CAN HELP YOU:

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

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