



LIFE DOESN'T HAVE TO BE  
**A PAIN IN THE NECK**

INSIDE: • NECK PAIN 101  
• EXERCISE ESSENTIALS

• TASTY RECIPE:  
GREEN PEA PASTA



## COME BACK TO PT!

### LIFE DOESN'T HAVE TO BE A PAIN IN THE NECK

Head and neck pain is not the type of pain that you can push through and deal with for too long. For one thing, chronic pain in the head or neck is often associated with some sort of chronic health concern — one that you need to deal with, not ignore. Secondly, when you are dealing with constant pain in your head or neck, it becomes difficult to concentrate. This can have a negative effect on your personal relationships, your career and more.

The most common cause of neck or head pain is a muscle or joint problem. Working with a physical therapist can help you to identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without having to commit to long-term pain management — which often includes the use of pain medications that are potentially harmful to your health and not likely to work as well over time. Unlike pain medications

that become less helpful the longer they are used, physical therapy provides long-term relief from pain by correcting the joint or muscle concern with targeted therapies like flexibility exercises, muscle strengthening techniques, and guided stretches that target core joints and muscles.

Of course, not all neck or head pain is the same, so understanding the basics of what you are dealing with is the first step to achieving relief.

#### HEAD PAIN 101

There are a lot of different types of headaches that you may experience, and each can be caused by its own different reason. For example, migraines can be caused by environmental factors, food allergies or even as a result of stress. There are headaches that can develop due to sinus pain and headaches that will develop when you are dehydrated. There are also

headaches that will develop when you are exposed too long to loud noises. There is no singular fix for each of these different types of headaches, which is why attempting to treat every headache you experience with the same medication frequently doesn't work.

One of the most common causes of headaches that are easily treatable with physical therapy is radiating headaches, which are caused by stress in the joints and muscles of the neck. This causes pain to radiate from the top of the neck into the head, especially surrounding the ears. There are a lot of reasons why radiating headaches could develop, including as a result of lack of movement and stiffness in the neck. This buildup of irritation can be treated with regular physical therapy, especially through the use of massage and flexibility exercises that target the muscles in the neck.



## NECK PAIN 101

In many situations, pain that develops in the neck can be associated with one of two major problems. The first is upper-back pain that begins to radiate into the neck. The second is arthritis. Physical therapy can be used to address both types of neck pain.

Cervical arthritis causes frequent aches in the neck and shoulders. This pain is generally worse when there are sudden changes in weather or at the end of the day, and while over-the-counter medication may make the pain less severe, it won't eliminate the pain entirely.

The biggest problem posed by cervical arthritis is that the pain will typically cause a loss of range of motion in the neck, which actually increases your risk of injury as a result of a sudden movement and causes regular discomfort and frustration as you are not able to utilize your neck in the way you normally could. There are plenty of situations in which pain in the neck as a result of cervical arthritis grows so severe that it can cause chronic poor posture and even a reduction in height.

## ADDRESSING THE CORE PROBLEM

The majority of neck and head pain can be helped with one simple strategy: strength building. It frequently happens that the absolute cause of the start of a pain in the neck or head is a result of poor posture or quickened motion, and building core strength, as well as strength in the neck, can make a huge difference in your ability to handle tasks without experiencing chronic pain.

Keep in mind that the neck and head are sensitive areas, so attempting to treat the pain at home can be dangerous and may not be effective. Working with a physical therapist is the safe way to ensure that you are practicing positive techniques to find relief from your aches and pains.



## TASTY RECIPE: GREEN PEA PASTA

### INGREDIENTS

- 1 pound pasta
- 3-4 c fresh peas
- 5 scallions, thinly sliced
- 1 shallot, very finely diced
- 1 c chopped fresh mint
- 1 c chopped Italian parsley
- ½ c olive oil
- 2 lemons – zest and ¼ c juice
- 2 c fresh pea shoots
- 1 tsp salt, plus more to taste
- ½ tsp pepper
- 1 tbsp truffle oil
- Optional- goat cheese crumbles
- Add canned tuna for extra protein

**DIRECTIONS:** Boil pasta in a generous amount of salted water according to directions. While the pasta is cooking, prep the rest of the ingredients. Chop the scallions, shallots and herbs. Zest two lemons, and measure out ¼ cup lemon juice. Once the pasta is just about done, add the peas to the boiling pasta water and blanch for one minute, or just until bright green. Immediately drain, place pasta and peas in large bowl, drizzle with olive oil, lemon juice and season with 1 tsp salt and ½ tsp pepper. Toss in the pea shoots and add the scallions, shallot, herbs and lemon zest. Stir Taste, adjusting salt and lemon juice, adding more of both, if necessary. Drizzle with truffle oil and serve immediately.

Recipe: <https://www.leasingathome.com/spring-pea-pasta-with-truffle-oil-lemon-and-mint/>

## EXERCISE ESSENTIALS

Try this movement to relieve your neck pain.

### FORWARD NECK TUCK

Sit with good posture then place one hand behind your head and slowly pull your head in the direction of your armpit. Hold for 15 seconds and repeat on each side as needed.



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

elliott  
PHYSICAL THERAPY

# Have Knee or Low Back Pain?

Elliot PT is offering a new treatment option to address your pain!

## AposHealth® Can Help

Knee and lower back pain creates more pain with each step you take and can pull you away from the activities in your life. AposHealth®'s science turns those painful steps into healing steps by solving your unique underlying problem as well as relieve your pain.

No two knees or backs are alike, so AposHealth® made advanced and complex science simple by customizing a solution that meets your exact condition and needs. You'll regain precious mobility, function, and freedom - from the comfort of your home and it's simple to do!



## How AposHealth® Works

AposHealth® relieves pain, improves movement patterns and builds muscle control and coordination by:

- Redistributing the weight on the painful areas and significantly reducing pain
- Re-educating the muscles, and ultimately correcting the painful walking patterns

This dual-action process is what makes it possible to reduce pain and improve function without invasive procedures.

Video explaining how AposHealth works - <https://youtu.be/4M-1dOPZQ4I>



## Our Patients Share Real Results with AposHealth®

*"Out of everything that I've done in the past two years for some kind of treatment - this has been the most effective for me."*  
- Robert LaSalle

*"It's amazing how the pain level changes when you put them on"* - Rex Thayer

*"How you can perceive the changes in just minute adjustments to the pods is really intriguing to me."* - Rett Talbot



UNSURE IF PHYSICAL THERAPY IS FOR YOU?

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- 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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