

HOW TO FIND RELIEF FOR

**RADIATING
NECK PAIN and
HEADACHES**

INSIDE:

• PATIENT
SUCCESS STORY

• EXERCISE
ESSENTIALS

• HEALTHY RECIPE:
VEGETARIAN BLACK
BEAN TACOS

HOW TO FIND RELIEF FOR RADIATING NECK PAIN and HEADACHES



Do you have neck pain that seems to trigger headaches? Have you noticed that the worse your headaches are, the stiffer your neck and upper back get? At Elliott Physical Therapy, our therapist will help you figure out the connection between headaches and neck pain, and more importantly, how to find relief!

Neck pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge. Making it through a day sitting at a desk becomes a nightmare. Carrying groceries or attempting to pick up your child when they are upset becomes impossible to do without pain.

Some of these tasks are more difficult to get around than are others, and, depending on how the pain is impacting your life, the stress of having to go through extra steps to make basic things happen can get out of hand.

The good news is that with guidance from our physical therapists, you can find

solutions to your pain and find out how to manage your headaches. Call Elliott Physical Therapy today to learn how to help you live the life you want, with less pain!

What Causes Radiating Neck Pain and Headaches?

Neck pain is one of those types of pain that is difficult to work around. Neck pain will frequently radiate up into the base of your skull and into your head. Once neck pain begins to turn into headaches, attempting to concentrate becomes exceedingly difficult.

There are a large number of culprits that could be behind your experience of neck pain, including accidents, such as a car accident or a slip-and-fall accident. One of the most common ways to trigger pain in your neck that radiates to the head is through weightlifting or other sports-related injuries.

Sometimes what causes your neck pain is a bad habit that you don't think twice

about, like watching TV at the end of a long day, keeping your neck at an odd angle as you enjoy your favorite show. Or maybe your headache/neck pain starts from your posture as you type at your desk every day hunched over.

We usually consider these poor habits to be harmless. But the reality is that they could be putting undue stress on your neck, and if you aren't careful, this could translate to a pinched nerve.

When neck pain develops due to a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine-like headaches. The pinched nerve can radiate from the neck into the skull and can cause severe pain.

The cause of the issue isn't always as simple to identify. Working with a physical therapist at Elliott Physical Therapy can help to clarify the source of the pain and, more importantly, the solution.

The good news is that there is a lot you can do to support the healthy operation of your

HOW PHYSICAL THERAPY HELPS RADIATING NECK PAIN AND HEADACHES

neck, thereby reducing the severity or frequency of your neck pain.

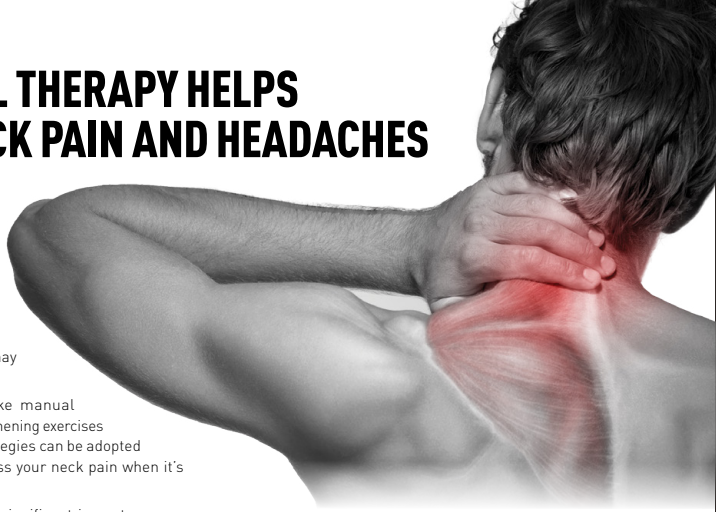
During physical therapy, your neck pain will be addressed holistically, taking into consideration the initial injury that may have caused the pain to develop and any other habits, movements, or compensations that may contribute to the discomfort.

Physical therapy uses strategies like manual therapy, targeted stretching, and strengthening exercises to reduce neck pain. Most of these strategies can be adopted as a home program to help you address your neck pain when it's bothering you the most.

Adopting healthier habits can have a significant impact on your management of neck pain. These include:

- Practicing improved posture
- Using lumbar support in your desk chair and car
- Exercising regularly
- Engaging in yoga or Pilates

One of the primary goals of physical therapy is to address whole-body well-being by encouraging improved overall health. In many situations, this includes improved flexibility and range-of-motion training, muscle building and strength training, and activities that reduce your stress, including walks or meditation.



The best way to be free of neck pain is to prevent it from developing. The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. The intelligent thing to do is to consult a physical therapist as soon as possible!

Contact Us for an Appointment

If you're struggling with recurring headaches and neck pain, call Elliott Physical Therapy today for a comprehensive assessment. We're here to help you alleviate and prevent your pain once and for all!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>

EXERCISE ESSENTIALS

Good stretch for your neck

CHIN TUCK SUPINE

While lying down on your back with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.



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

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“From the moment I made my first appointment I felt I would be well taken care of.”



“I had previously gone to another physical therapy office and when they could not take me this time, someone recommended Elliott Physical Therapy. From the moment I made my first appointment I felt I would be well taken care of. The receptionists were able to book all my appointments at convenient times and days for me and were very knowledgeable in any insurance questions I had. It was smooth sailing! My usual therapist is Erin who is phenomenal and I have had a few other therapists there on occasion as well. I have to say they are a wonderful group of people and stay current on all of the treatments to provide the best care for all issues. I would highly recommend this group of wonderful therapists to anyone!”

— Sherrie P.

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DON'T DELAY — COME BACK TO PT TODAY

SCHEDULE A TELEHEALTH OR IN-CLINIC CONSULTATION

FROM OUR KITCHEN TO YOURS

VEGETARIAN BLACK BEAN TACOS



FOR THE BEANS:

- 1 tbsp olive oil
- ½ small yellow onion, diced
- 1 garlic clove, minced
- 1 15-oz can black beans
- ½ tsp cumin
- ¼ tsp smoked paprika
- ½ tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper, to taste
- 1 tbsp tomato paste
- 1 tbsp water

FOR THE TACOS:

- 8 hard corn taco shells
- 4 oz Hass avocado
- Juice from ½ small lime
- Pinch kosher salt
- Ground black pepper, to taste
- ½ cup shredded cheddar cheese
- 1 plum tomato, diced
- 1 cup shredded romaine lettuce

Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer. Bake shells for 6-7 minutes. Meanwhile, heat a large skillet over medium heat. Add the canola oil, add the onion and sauté for 2-3 minutes. Add the garlic and sauté for 30 seconds. Add the beans, spices, tomato paste and water and mix until combined. Cook about 3 minutes to allow flavors to meld and beans to heat through. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper. Place taco shells on a flat surface. Layer each shell with bean mixture, then the cheese, mashed avocado, tomatoes and lettuce.

www.skinnytaste.com/black-bean-tacos/

Schedule your telehealth or in-clinic consultation with a physical therapist.

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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