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DON'T LET STRESS BE
A Pain In The Neck!



DON'T LET STRESS BE *A Pain In The Neck!*

Do you notice your neck seems to hurt more when you are stressed? Do you find yourself rubbing your neck after a difficult day on the job? You might be suffering from stress-related neck pain. During times of high stress and anxiety, our muscles tense up. As muscles tighten, the more pressure and pain they cause.

The pain and tension can interfere with our ability to work and do our daily activities. It can also interfere with the enjoyment of your life including recreational activities and spending time with friends and family.

The good news is that with guidance from your physical therapist you can find solutions to your pain and how to manage your stress, so you can get back to living the life you enjoy!

Call ProTailored Physical Therapy today to learn how we can help you to keep living the kind of life you want with less pain.

WHAT IS CAUSING MY NECK PAIN?

Our neck does not like to remain in any one position for extended periods, like when you're driving, looking down at your phone, or using a computer. Too often the posture we hold our neck is also contributing to our pain.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e. muscles, tendons, and ligaments) or negative changes to our blood flow.

The muscles of our neck function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck. This loss of mobility leads to pain and less enjoyment of your daily activities.

HOW DOES STRESS CAUSE NECK PAIN?

Stress-induced neck pain is fairly common. The effects of stress on the body include the release of stress hormones, including adrenaline and cortisol, that when elevated for long durations, are associated with increased pain sensitivity. The more stress we experience the more likely we will also experience pain.

While chronic stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems. Modern offices confine people to chairs, poor posture, and little mobility.

In addition, a lot of people also spend a lot of time driving with poor posture and added stress due to traffic and road rage. The combination of all of these factors makes your chances of stress-related neck pain higher.

Continued inside.

PUT YOUR NECK PAIN IN THE PAST!

Continued from outside.



HOW PHYSICAL THERAPY CAN HELP MY NECK PAIN

Neck pain can be alleviated with physical therapy. Neck pain is often caused by poor postural habits or sustained positions. Relief of this pain typically occurs immediately following the correction of the abnormal postures. An easy way to find good posture is to imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out – lifting you. This helps alleviate the tension immediately and is something you can do multiple times of day!

Physical therapists can target your pain's source by examining

your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles.

For example, sit in a chair with your back resting against the rest and simply lean your chest and shoulder back (i.e. over the top of the backrest). Keep your eyes forward and lean straight back. This is called a neck retraction and is very effective at alleviating tension!

In some cases, manual techniques including mobilizations or therapeutic massage are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various stress reduction strategies to ensure healthy life behavior.

DON'T SUFFER FROM NECK PAIN ANY LONGER. CONTACT ONE OF OUR CLINICS TO SCHEDULE AN APPOINTMENT TODAY!

1 (260) 235-5967

PRACTICE NEWS

COMING SOON AUGUST 2022!



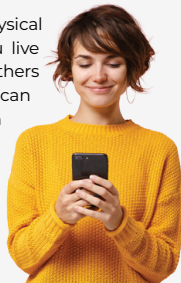
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SHARE THE BENEFITS OF PROTAILORED PHYSICAL THERAPY

Has ProTailored Physical Therapy helped you live a better life? Let others know how much we can help them too! Scan the QR code on your smart phone camera to quickly access our Google Review page!



4 SIMPLE WAYS TO MAKE HYDRATION A HABIT

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.



2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H₂O.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

SUCCESS STORIES

"I highly recommend ProTailored Physical Therapy."

I highly recommend ProTailored Physical Therapy. My Family Practice physician referred me to ProTailored for neck and shoulder pain due to lingering muscle tightness exacerbated by an exercise injury. My experience with ProTailored was very different from other physical therapies that I have received in the past. I appreciated their approach of spending one-on-one time working on my injury while I was in the office combined with at-home exercises and techniques to reduce my tightness and pain. I saw results quickly and have continued to use their recommended stretches to maintain the progress that I made. I especially appreciated that ProTailored only recommended the minimal amount of visits in order to correct my issue and then gave me the tools to maintain my results at home. Also, he and his wife run a very friendly and professional office, which was enjoyable to visit. **-Lindsey K.**

STAFF SPOTLIGHT



Dr. Kauwela Neal

Dr. Kauwela Neal was born and raised in Kailua Kona, Hawaii, and grew up playing multiple sports including soccer and tennis. She played Division I soccer at the University of Texas at San Antonio and received her Bachelor's degree in Kinesiology before attending Chapman University in Orange County, CA to earn her Doctorate of Physical Therapy degree. Kauwela has had a variety of clinical experiences including orthopedics and neurological disorders and enjoys working with patients of all ages and backgrounds. She has a strong interest in manual therapy and learning new techniques in order to better serve her patients. During her free time Kauwela enjoys spending time with her fiancé, stepson, and their 2 dogs as well as traveling, going on hikes, staying active in the gym, playing sports, and cheering on the Green Bay Packers!



**COME BACK
TO PT!**



— CALL TODAY —

1 (260) 235-5967

