



DOES STRESS CAUSE NECK PAIN?



OVERCOMING STRESS-RELATED NECK PAIN

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.

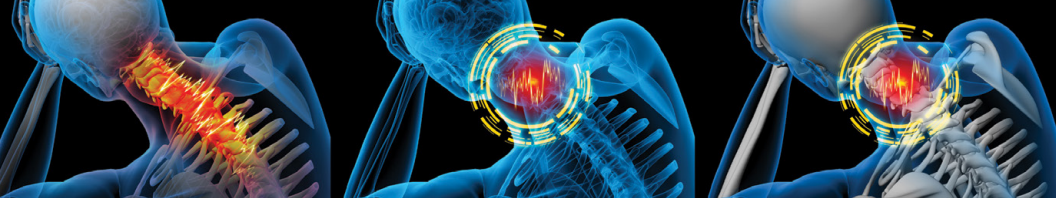
The good news is that with guidance from your physical therapist you can find solutions to your pain and how to manage your stress, so you can get back to living the life you enjoy!

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 our ability to move our 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.

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 a 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 back of the chair 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.

CONTACT OUR CLINIC TODAY

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. We offer the results you are looking for!



**Scan to
book an
appointment!**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2270377/>; <https://pubmed.ncbi.nlm.nih.gov/30949542/>; <https://pubmed.ncbi.nlm.nih.gov/28972599/>

Healthy Recipe *to Beat the Heat!*

WATERMELON CUCUMBER LIME REFRESHER

Per each serving:

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced

Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid.

Source: www.tasty.com/recipe/watermelon-cucumber-lime-juice



STAFF SPOTLIGHT

ELIZABETH ANDERSON PT, DPT

Elizabeth is from Wilkesboro, NC and received a Bachelor's degree in Health and Exercise Science from Wake Forest University in 2011 and a Doctor of Physical Therapy degree from Western Carolina University in 2015. Elizabeth has received advanced training in the Maitland-Australian Approach to Orthopedic Manual Therapy, vestibular rehabilitation, and LSVT-BIG therapy for Parkinson's disease. She feels very blessed to be a part of the awesome team at Carolina Prime and privileged to be able to serve the great people of our community in decreasing their pain and meeting their goals.

When not at work, Elizabeth enjoys spending time outdoors with her husband Lucas, hiking, and participating in activities at Little Elkin Baptist Church.



Patient Success Story

"...problems with my neck... were resolved very quickly."



"Great Experience! Highly recommend! Super sweet staff and they help in a fast and affordable manner. I had several problems with my neck and shoulders which were resolved very quickly. Thank you again!"

— Dwenda H.

CLINIC NEWS

JOIN OUR TEAM!

We are committed to helping patients be pain-free. We are searching for a Physical Therapist who prides themselves on accepting new challenges and has a strong desire to help others. Our focus is on delivering exceptional results and services, learning new techniques, advancing our capabilities, and of course, having an exceptional team environment! Our expanding practice provides ample opportunities for further education and career advancement. Do you want to see if you qualify to be part of our team? Visit our website carolinaprimept.com to submit your application today.



We Want to Hear
your Success Story!

Google
Reviews ★★★★★



Scan the QR code to
leave us a Google
review!

AT-HOME EXERCISE

Stretches your neck

CAROLINA PRIME PHYSICAL THERAPY CLINIC NEWS

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



Not all exercises are appropriate for every person. Please consult with your physical therapist before starting.

Don't let pain keep you from
what you love doing!

Come Back to PT!
336.281.9190
carolinaprimept.com

CAROLINA
PRIME
PHYSICAL THERAPY