



IS STRESS THE CAUSE OF MY NECK PAIN?

Is it Neck Pain or Stress?

Exercise Essentials

Healthy Recipe

Tips for Better Golfing
This Summer



OUR SERVICES

- Manual Physical Therapy
- Spine Rehabilitation (Neck, Low Back, Spinal Stenosis, Disc Herniation, Sciatica, DJD/DDD/Arthritis, Post Surgery)
- Sports Medicine
- Vestibular Rehabilitation
- Balance Rehabilitation
- Hand Therapy
- Kinesiology Taping
- Musculoskeletal Disorders
- Laser Therapy
- Epicondylitis, Bursitis, Tendonitis
- Sprains & Strains—all regions of the body
- Patellofemoral Pain
- Hip, knee, foot/ankle, and shoulder
- Chronic pain / Fibromyalgia
- Weakness or loss of motion
- Pre- and post-operative conditions
- Carpal Tunnel Syndrome

IS IT NECK PAIN OR STRESS?

Does your neck hurt? You might be suffering from stress-related pain — also called a tension headache. During anxiety, muscles tense up. As muscle tension tightens, the back, shoulders and neck are affected. The more pressure they cause, the more discomfort you get. Let's take a closer look at stress-related neck pain.

IS MY NECK PAIN CAUSED BY MY STRESS?

Pain worsened by keeping your head in one place — like when you're driving, or using a computer — is neck pain. While neck pain has a slew of symptoms, its major symptoms, reported by Mayo Clinic, are:

- Muscle Tightness and Spasms
- Headaches
- Decreased Ability to Move the Head

Stress-induced neck pain isn't rare. It also isn't psychological. Many experts think stress-induced neck pain is caused by physical factors — low, but constant, trapezius muscle activity. If your neck pain starts at the base of your shoulders, traveling upward, it may be stress related.

CAUSES OF STRESS-RELATED NECK PAIN

While stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems — as they confine people to chairs, bad posture and little mobility. Driving often, too, can make your chances of stress-related neck pain higher.

The U.S. National Library of Medicine suggests contacting a professional if you're experiencing neck pain. Even if it's caused by stress, untreated neck pain might later reveal muscle spasms, arthritis, bulging discs or even narrowed spinal nerve openings.

CONTACT US

(817) 439-6200
info@thcornerstonept.com
www.thcornerstonept.com



HOW CAN PHYSICAL THERAPY HELP MY NECK PAIN?

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activity can cure it. Sometimes, this "activity" means "no activity." Before you contact a professional, try reducing your neck movements. Sometimes, simply letting your neck muscles relax is enough.

If you don't see relief within two weeks, contact a professional. Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch, flex and relax your neck muscles. In time, your neck will become more resilient — giving you the comfort you deserve. Where aftercare treatment is considered, custom-tailored neck exercises will assure your neck stays loose, limber and healthy.

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.

<https://www.spine-health.com/blog/how-relieve-neck-pain-caused-stress>

<https://www.everydayhealth.com/neck-pain/neck-pain-reduce-stress.aspx>

<https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0027055/>

<https://medlineplus.gov/ency/patientinstructions/000802.htm>

<https://newsnetwork.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-time/>

<https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>

BANANA-FOSTER PARFAIT



- 2 large ripe bananas
- 6 Tbsp dark brown sugar
- 2 Tbsp unsweetened apple juice
- 1 Tbsp unsalted butter
- 1/4 tsp salt
- 2 cups plain 2% reduced-fat Greek yogurt
- 1/4 cup chopped pecans, toasted

Peel bananas and cut each in half lengthwise. Cut each half into 3 pieces. Combine sugar, apple juice, and butter in a nonstick skillet. Cook over medium-low heat for 3 minutes or until mixture begins to bubble. Add bananas to pan; cook for 2 minutes or until bananas begin to soften. Spoon 1/2 cup yogurt into the bottom of each of 4 parfait glasses. Divide banana mixture evenly among glasses. Top each serving with 1 tablespoon chopped and toasted pecans.

EXERCISE ESSENTIALS

SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders.

Good stretch to relax your shoulders.



PATIENT SUCCESS SPOTLIGHT



"It was a pleasure to be treated at Cornerstone Physical Therapy clinic, with Dr. Basem Mankerious. I was having severe neck and shoulder pain, but he helped me a lot by giving me exercises, stretches, and movements to relieve this tension and pain. I highly recommend anyone in need, to go there if you have any kind of pain. He is the best therapist ever. Thank you so much Dr. Basem!" - **Silvia S.**

TIPS FOR BETTER GOLFING THIS SUMMER



Golfing for the first time after a couple months can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out. Before getting back into the swing of things, here are some following tips:

1. Prepare. Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.
2. Stretch. Stretching can improve your range of motion, making it easier to swing the club. Try some of these stretches, which will warm up the muscles you will use in your golf swing.
3. Easy does it. The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round. If you regularly ride in a cart, this is likely a little less of a concern.
4. Don't let your skills get rusty. If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

Reference: <http://tria.com/tips-better-golfing-summer/>

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OUR LOCATION

6251 Oakmont Blvd,
Fort Worth, TX 76132

(Inside The Vine Medical Center)

OUR HOURS

Monday - Friday: 8AM - 6PM

CONTACT US

(817) 439-6200

info@thecornerstonept.com
www.thecornerstonept.com