



NAGGING NECK PAIN? PHYSICAL THERAPY CAN HELP

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Are your headaches coming more frequently and lasting longer? Do you notice tension in the upper back and neck every time you get a headache? You may be experiencing a cervicogenic headache.

The good news is that our physical therapist can provide you with the guidance you need to resolve your headaches once and for all!

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents to stress and allergies, headaches happen to the best of us.

However, some headaches may be a bit more predictable than others. Factors like the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk for experiencing regular cervicogenic headaches because of the intricate network of nerves and muscles in your neck.

Our physical therapist is skilled at treating all types of headaches. Call us today and set up an appointment!

How neck pain leads to headaches

The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, you're dealing with neck pain everyday.

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 headache.

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. The forces that occur while lifting something heavy or participating in a contact sport can be the beginning of a cervicogenic headache.

The cause of the issue isn't always as simple to identify. Getting a physical therapy assessment can help to clarify the source of the pain and more importantly, the solution.

Why posture is so important to feel good

Working with a physical therapist can help you identify whether or not your headaches may result from neck pain or strain. One of the most common causes of headaches due to neck pain is forward head posture. Forward head position means that when you are slouching!

A prolonged slouched posture leads to strain on the muscles, ligaments, and joints of your neck. Over time your body will start to alert you to this posture by sending pain signals. Typically you will adjust your posture for a minute and then resume the offensive position. Eventually, your body's alert system will get stronger and include discomfort at the base of your head. If you fail to take the warning, a full-blown cervicogenic headache will likely follow.



PHYSICAL THERAPY CAN HELP YOUR POSTURE

There are specific ways that you can tell if your posture is causing cervicogenic headaches, including:

- The pain in your neck/head is worse at the end of a workday.
- The pain starts in your neck and moves into your head.
- The pain subsides when you switch positions (i.e., moving from sitting to standing).
- Neck pain/headaches develop after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.

Working with a physical therapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.

How physical therapy can help your posture

Our spine is designed to move, which means our posture should also move. Our physical therapist will guide you through a series of stretches, postural corrections, and strength-building exercises that can help you begin training your body to practice better posture, thereby reducing your neck pain.

Stretching the muscles in your neck to alleviate neck strain can reduce the severity and regularity of your headaches. Stretching and strengthening the muscles that have grown tight and weak along the back of your neck and those along the shoulders can help you find relief from the tension that is causing your pain.

Understanding your ideal posture and how to manage it throughout your day can help you be proactive and find a solution for your sore neck. Learning specific exercises/movements on how to improve your posture is one of the most effective solutions. It seems small, but consistently it has been shown to help!

While you can try many simple activities at home, working with a physical therapist is the only way to ensure that what you are doing won't potentially lead to more significant injury.

Contact us today for an appointment

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

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

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

EXERCISE ESSENTIALS



SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.

Exercises copyright of
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VALENTINE'S WHITE CHOCOLATE RASPBERRY SMOOTHIE

INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)



DIRECTIONS

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

PATIENT SUCCESS SPOTLIGHT

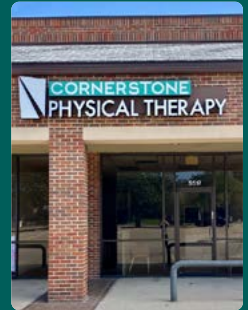


"Thanks Dr. Mankerious for your excellent and caring service. I am now a true believer in the art and medical practice of Physical Therapy. I came to your clinic several weeks ago with severe pain in my right shoulder and neck. I had previously been

diagnosed with rheumatoid arthritis. My range of motion was limited by stiffness and pain. After Dr. Mankerious observation and diagnosis, he made a treatment plan for me and began seeing me twice a week with some homework for myself to do with selected exercises. After a few weeks I began to feel less pain and increased freedom of range in my shoulder and neck area. Nearing the end of my treatment plan, I can definitely say that my treatment has provided me conclusive benefits. I now do not have any pain, and my range of motion for my shoulder and neck area is virtually complete. In regards to Dr. Mankerious' bedside manners, he and his staff are fantastic. They are always courteous and positive in their dispositions. Thanks Dr. Mankerious for your excellent medical care, service, and support. Sincerely, Walford J."

CHECK US OUT!

We are beyond excited to share our new location with you! We can't wait to bring you the same quality care in a new and convenient location.



WE CAN'T WAIT TO SEE YOU!

HAPPY BIRTHDAY!

Is it your birthday this month? We would like to celebrate by offering you a FREE laser treatment! Call us today to schedule your birthday appointment.

*Happy Birthday from
Cornerstone Physical Therapy!*

(817) 826-9757

*For February birthdays only.
Expires 02/28/22*