



IS STRESS CAUSING YOUR 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!

Call Cornerstone 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.

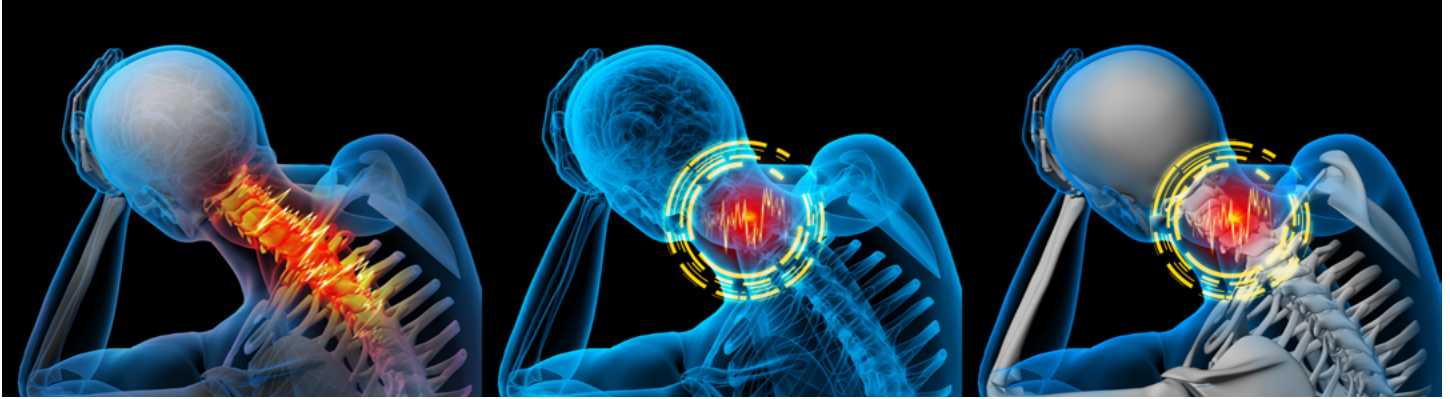
Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e. muscles, tendons, and ligaments) or negative changes to our blood flow.

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,

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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 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.

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!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
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<https://pubmed.ncbi.nlm.nih.gov/30969542/>
<https://pubmed.ncbi.nlm.nih.gov/28972599/>




EXERCISE ESSENTIALS

CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Try this movement to relieve your neck pain.

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.



 **PT WIRED** www.ptwired.com Always consult your physical therapist or physician before starting exercises you are unsure of doing.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

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PATIENT SUCCESS STORY

“Dr. Basem helped me with some neck pain and I am tremendously thankful. I have been waking up with kinks in my neck and I found his infrared laser therapy system to be very helpful. It is never fun not having full rotation in your neck. I received the 10 treatments and have noticed more flexibility and comfort. If I do wake up with pain I have noticed that the pain minimizes within a few hours vs a few days it used to take me...”

— Taty C.

COME BACK TO PT!

**FREE 15-MINUTE
CONSULTATION**

CALL TO SCHEDULE TODAY!

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Offer valid for the first 20 people to schedule.
Expires April 30, 2023

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