



IS YOUR NECK PAIN

INTERFERING WITH YOUR LIFE?

Do you notice yourself rubbing your neck after a difficult day on the job? Do you find the more your neck hurts, the more your head hurts too? Dealing with pain in your head and/or neck can negatively affect your personal life, your career, and more. At Marketplace Physical Therapy, we understand how debilitating it can be, and we know how to help you manage your pain and get back to the life you enjoy! The most common cause of neck or head pain is a muscle or joint problem. Working with a physical therapist can help you identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without using medication or other long-term pain management treatments.

Unlike pain medications that become less helpful the longer they are used, our physical therapists provide long-term relief from pain. We will help correct your joint or muscle limitations with targeted therapies like specific stretches, manual techniques, muscle strengthening techniques, and guided instructions that target your limits. Call Marketplace Physical Therapy today and schedule an appointment with one of our physical therapists. Find the relief you have been looking for!

Understanding the difference between head and neck pain

Not all neck or head pain is the same, so understanding the basics of what you're dealing with is the first step to achieving relief.

Head Pain

There are many different types of headaches that you may experience, and there are various causes for each of them.

For example, migraines can be caused by environmental factors, food allergies, or even stress. Some headaches can develop due to sinus pain and headaches that will develop when you are dehydrated.

These headaches require a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work.

One of the most common causes of headaches that are easily treatable with physical therapy is radiating headaches caused by stress in the joints and muscles of the neck. This type of pain radiates from the base of your skull into the top of the head. For some, the pain will radiate behind one eye. These types of headaches also often include stiffness in the upper back and are often one-sided.

HOW PHYSICAL THERAPY CAN HELP

Neck Pain

Pain that develops in the neck is typically due to a soft tissue sprain/strain or changes to the joint itself. 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, your experience of neck pain is something you are dealing with daily.

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 and the beginning of pain.

As we age, the neck joints, like all joints, will degenerate and make us more vulnerable to different forms of neck pain. Degenerative changes make us more susceptible to disc herniations, narrowing the space around the nerve root and significant restrictions in the ability to move.

Cervical degeneration can cause tension and pain in the neck and shoulders. This pain is generally worse in the morning, after being prolonged, and often at the end of the day. The biggest problem posed by cervical degeneration is the loss of motion in the neck, which increases the limitations in your daily life because you cannot utilize your neck in the way you usually could.

How physical therapy can help

The majority of head and neck pain can be treated with physical therapy. Working with a physical therapist is safe to ensure that you are practicing positive techniques to find relief from your aches and pains.

At Marketplace Physical Therapy, our physical therapists can target the source of your pain by examining your symptoms. Then, they will provide you with exercises that stretch and/or relax your neck muscles. In some cases, manual techniques, including mobilizations or therapeutic massage, are used to alleviate your pain and allow you to tolerate stretching.

We know how to help your head and neck pain and can teach you so you can get back to the life you enjoy!

Contact us for an appointment

If you're struggling with recurring headaches and neck pain, call Marketplace 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!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>

MINDFULNESS EXERCISES

Do you find yourself becoming overwhelmed easily? Constantly feel stressed? You may benefit from practicing mindfulness — the process of bringing one's attention to the present moment and observing one's thoughts and feelings without judging them. Mindfulness has been shown to reduce stress and anxiety levels and help individuals lead healthier lives!

1. The full body scan. Begin this exercise by lying on your back with your palms facing up and your feet falling slightly apart. Start to bring awareness to your breath, noticing each inhale and exhale. Try not to change the way you're breathing. Next, focus on how your feet feel, noticing whether you observe a sensation of heaviness or lightness. Slowly move your attention up throughout your entire body to complete a full-body scan.

2. The 5 senses test. Begin by determining 5 things you can see. Then move to 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. Many people find this activity can help soothe panic and anxiety.

3. The 3-minute breathing space. It is a simple 3-minute exercise designed to help those with busy lives and minds. During the first minute, focus on answering the question, "How am I doing right now?" For the second minute, shift your focus to your breath. The last minute should be spent scanning up and down your body, observing how your breath affects your entire body.

VISIT A CLINIC NEAREST TO YOU!

Riverside 3191 Mission Inn Ave. Ste B
Riverside, CA 92507
**Located inside Anytime Fitness*

Riverside/Corona 4270 Riverwalk Parkway, Ste 114
Riverside, CA 92505
**Located inside Anytime Fitness*

Chino 14682 Central Ave
Chino, CA 91710

Redlands 210 E. Citrus Ave.
Redlands, CA 92373

Beaumont 1620 E. 2nd St.
Beaumont, CA 92223

EXERCISE ESSENTIALS

CERVICAL RETRACTION & 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.



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



HEALTHY RECIPE

CHICKEN POZOLE (SOUP)

Ingredients

- 4 c. low-sodium chicken broth
- 3 boneless skinless chicken breasts
- 2 poblano peppers, chopped
- 1 white onion, chopped
- 2 cloves garlic, minced
- 1 tbsp. cumin
- 1 tbsp. oregano
- 2 tsp. chili powder
- 2 tsp. kosher salt
- Ground black pepper
- 2 (15-oz) cans hominy
- Thinly sliced radishes, for garnish
- Sliced green cabbage, for garnish
- Fresh cilantro, for garnish



Directions

Place all ingredients except hominy and garnishes into the slow cooker. Cook on low for 6 to 8 hours, until the chicken is tender and cooked through. Take chicken out of slow cooker and shred with two forks. Return to the slow cooker along with the hominy and cook for another 30 minutes. Serve soup into bowls and garnish with radish, cabbage and cilantro.

<https://www.delish.com/cooking/recipe-ideas/recipes/a55758/crock-pot-mexican-posole-recipe/>

