



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM

*Is stress causing
your neck pain?*

**PHYSICAL
THERAPY
CAN HELP
YOU FIND
RELIEF!**

**ALSO
INSIDE:**

- How Physical Therapy Can Help
- Trivia Challenge • Service Spotlight: Manual Therapy • Staff Spotlight • Exercise Essentials
- Patient Success Stories



NECK PAIN AND STRESS:

Learn the Relationship and How PT Can Help

CLINIC UPDATE

Great news: our staff has begun the process of receiving our vaccinations against COVID-19 and we strongly encourage our patients who are currently eligible to receive the vaccine as well, to keep themselves and others safe. Our staff also encourages the importance of being active to stay healthy, by incorporating plenty of exercise and movement into your daily routine!

KEEPING YOUR HEALTH IN MIND



WASH YOUR HANDS REGULARLY



AVOID TOUCHING YOUR FACE



AVOID HUGS AND HANDSHAKES



WEAR A MASK & KEEP DISTANCE

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 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.

Are you ready to take action towards alleviating your persistent neck pain? ARC Physical Therapy is here to help you heal. Give us a call to schedule your return appointment to our clinic and learn how we can help you find relief.



CALL US TODAY!

WESTMONT
(630) 323-8646

ORLAND PARK
(708) 403-8145

HOW PHYSICAL THERAPY CAN HELP

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.



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If you're dealing with neck pain, you're not alone. Call our office today at (630) 323-8646 for Westmont or (708) 403-8145 for Orland Park 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.

SOURCES: <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/pubmed/health/PH410027055/>; <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>

TRIVIA CHALLENGE!

Call Us with Your Answers to Enter Our Prize Drawing!

1. What animal are pearls found in?
2. Which natural disaster is measured with a Richter scale?
3. What is the name of the actor who played Jack Dawson in the movie, 'Titanic'?
4. What is the name of the world's longest river?
5. At which racetrack is the Kentucky Derby held?
6. What is the birthstone for the month of May?



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SERVICE SPOTLIGHT

Manual Therapy

Manual therapy is a safe and effective mode of treatment for pain. Many patients notice improvement after just one session of manual therapy! Instead, our physical therapists use a variety of techniques that help move your tendons, ligaments, and joints in ways that relieve pain and promote healing. They also help in reducing scar tissue and minimizing swelling.

Manual therapy is a vital aspect of a successful physical therapy treatment plan, as it helps to reduce pain and swelling, minimize inflammation, and increase range of motion.

Our physical therapists are highly trained in diagnosing and treating movement disorders, so rest assured you can find the relief you need at our clinic. Give us a call today to get started!

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STAFF SPOTLIGHT

Say "Hello" to One of Our Physical Therapists!



Kathleen Kilburg
Physical Therapist

Kathleen has been in practice since 2003, focusing on treating pelvic health and orthopedic conditions. She is passionate about working with women throughout all phases of life and helping them to better understand how their bodies function to achieve optimal wellness. In her spare time, she enjoys spending time with her husband and 3 children, running, photography and traveling.

EXERCISE ESSENTIALS

Try these simple exercises to help relax and decrease pain in your neck and shoulder muscles.

SCAPULAR RETRACTION Stand tall, shoulders relaxed. Pull shoulder blades back and down with controlled motion, without hunching shoulders. Gently return to the starting position. Repeat 6 times.



SHARE THESE WITH
A FRIEND OR FAMILY
MEMBER TO HELP
THEM FIND PAIN
RELIEF, TOO!

CHIN TUCK (SUPINE) Lie with roll under neck. Without lifting head, tuck chin gently. Keep the large muscles in the neck relaxed. Hold for 10-15 seconds. Repeat as needed.



Exercises copyright of
 SimpleSet Pro

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Join us for a **FREE**
Zoom Workshop!

June 15th | 6:00-7:00 pm

RUNNING SAFELY

Lead by Kathleen Kilburg, PT



Visit arc-rehab.com/workshops now to reserve your spot!

Coming in July...

GOLFING & BACK PAIN



Stay Tuned for Details!



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