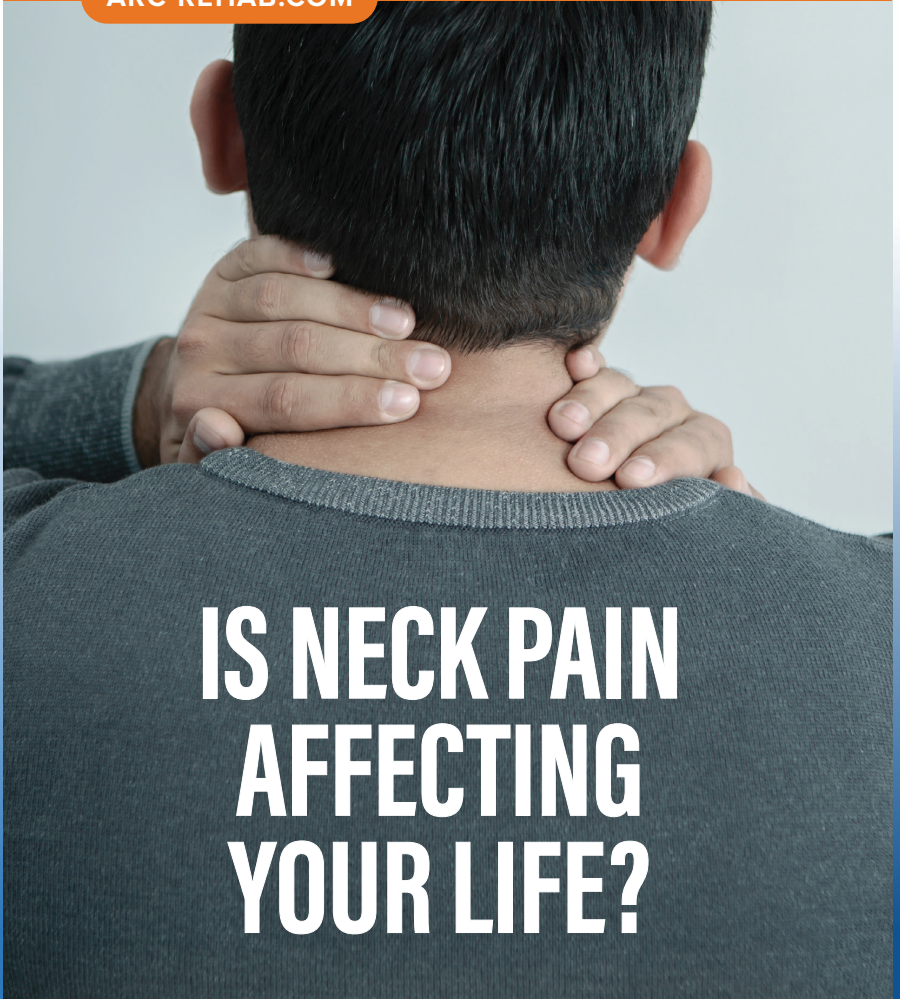




NEWSLETTER

Your #1 Health and Wellness Resource

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IS NECK PAIN AFFECTING YOUR LIFE?

Discover How Physical Therapy Can Help!

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IS STRESS A PAIN IN YOUR NECK?

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 ARC 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, 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

Continued inside.



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IS STRESS A PAIN IN YOUR NECK?

Continued from previous page.

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.

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!

ENTER
AND WIN!

MONTHLY TRIVIA CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. Founded by Samuel Gregory and opened on November 1, 1848, what was the name of the first medical school for women?
2. What was the name of the 200-ton plywood flying boat, designed, built and flown by Howard Hughes?
3. What was the name of the dog launched into space on Nov. 3, 1957 by Soviet Russia in the world's first inhabited space capsule, Sputnik II?
4. What tunnel, the first underwater tunnel built in the U.S., was opened to traffic on Nov. 13, 1927 and ran under the Hudson River from New York City to Jersey City?
5. What female Newspaper reporter set out on Nov. 14, 1889 from New York to beat Jules Verne's imaginary hero Phileas Fogg, who traveled around the world in 80 days? She did it in 72 days.
6. Born on November 23, 1887 in London, William Henry Prat, the horror film actor known for appearing in *Frankenstein* and the *Bride of Frankenstein* was better known by what name?
7. Who were the two explorers to complete the first airplane flight to the South Pole on Nov. 29, 1929?
8. Who was the first American President to visit Northern Ireland?



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-Initial assessment with goal setting
-Final assessment to assess gains



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2 weekly workouts using our app



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-Nutrition Guidance
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-Weekly private weigh-ins
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LIMITED SPOTS AVAILABLE

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HEALTHY RECIPE

PUMPKIN SOUP



Ingredients

- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

Directions: Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

CALL US TODAY!



MEET OUR MEDICAL GYM DIRECTOR

Hello everyone! My name is Alex Bohnstedt and I could not be more excited to be a part of the ARC Team. We recently opened a Medical Gym to bridge the gap between fitness and medicine. I am an Illinois State University

grad, with a degree in Exercise Science and I am a certified Exercise Physiologist through ACSM. Growing up I was a competitive gymnast, in which I instantly fell in love with the body's ability for movement. Injuries then sparked my interest in corrective exercise and the mental side of physical activity. Having experience working with neuro, orthopedics, weight loss, and special populations- I am excited to continue helping individuals find their love for exercise. A healthy mind and body are a window into endless opportunity!

Reach out to abohnstedt@arc-rehab.com to schedule your fitness assessment and consultation today!

We Offer: General Membership • Medical Memberships for Diabetes and Cardiac Fitness • Personal Training • Strength Training for Women • Zoom Virtual Training • Customized Exercise Programs Through an App • And More!

COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



CALL ARC TODAY!

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