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Is Stress a Pain In Your Neck?

INSIDE:

- Come Back to PT
- Trivia Challenge — ENTER AND WIN!
- Chair Yoga
- Is Your Digital Lifestyle Affecting Your neck?

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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 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 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.

Continued inside.



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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!



IS YOUR DIGITAL LIFESTYLE AFFECTING YOUR NECK?

Text neck is the term used to describe the neck pain and damage sustained from looking down at your cell phone, tablet, or other wireless devices too frequently and for too long. Of course, this posture of bending your neck to look down does not occur only when texting. For years, we've all looked down to read. The problem with texting is that it adds one more activity that causes us to look down — and people tend to do it for much longer periods. It is especially concerning because young, growing children could possibly cause permanent damage to their cervical spines that could lead to lifelong neck pain.

We often see patients who have suffered from back and neck pain for years who could have been treated very easily when the pain started with simple postural corrections and stretches. If you have been suffering from back or neck pain, come see one of our therapists for an assessment of what is contributing to your pain.

If you or someone you know, is suffering from neck pain, call ARC Physical Therapy today! Our physical therapists can help relieve your pain and teach you how to avoid Text Neck and other neck problems going forward.

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. Which popular board game is celebrated on April 13th?
2. How old was Tiger Woods when he won the Masters Tournament in April 1997?
3. Who became the first man in Space in April 1961?
4. Hitting the top spot on April 21, 1956, what was Elvis Presley's first number 1 hit in America?
5. Which famous English writer died in April 1616 on what was believed to be his birthday?
6. Which fast food franchise first opened its doors on April 15th, 1955?
7. What iconic American novel was first published on April 10, 1925?
8. Which classic Beatles song hit number one on April 11, 1970, just one day before Paul McCartney announced he was quitting the band?



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Chair YOGA



Starting March 9th
WHEN:
Every Thursday: 9-9:50 AM
WHERE:
ARC Medical Gym
337 W. Ogden Ave
Westmont, IL

A seated chair yoga class focusing on breathing, stretching, and mindful movements!

Register Today!
Registration required 18 hours in advance

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\$18/Class

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Instructor: Brie
RYT 200 Certified



PATIENT SPOTLIGHT



"Two major shoulders surgery one knee and would not go anywhere else for physical therapy! Tried others no comparison!"

- Jim P. actual 5 star Google review.



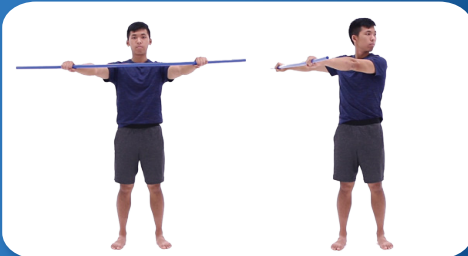
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EXERCISE OF THE MONTH

NECK STRETCH WITH LATERAL REACH

Start by standing up straight holding a dowel down in front of you with both arms straight. Raise both arms up to shoulder height and rotate your arms and torso over to one side while simultaneously rotating your head over to the other side until you feel a stretch in your neck. Hold as directed by your provider. Hold for 30 seconds and repeat.



Check out our YouTube channel for more exercise you can do at home. Click on Videos under the Health Tips tab on our website or scan the QR code to visit our YouTube Channel.

The Physical Therapists at ARC can develop an exercise plan designed to help you reach your goals.

Call today for your appointment!

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.



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