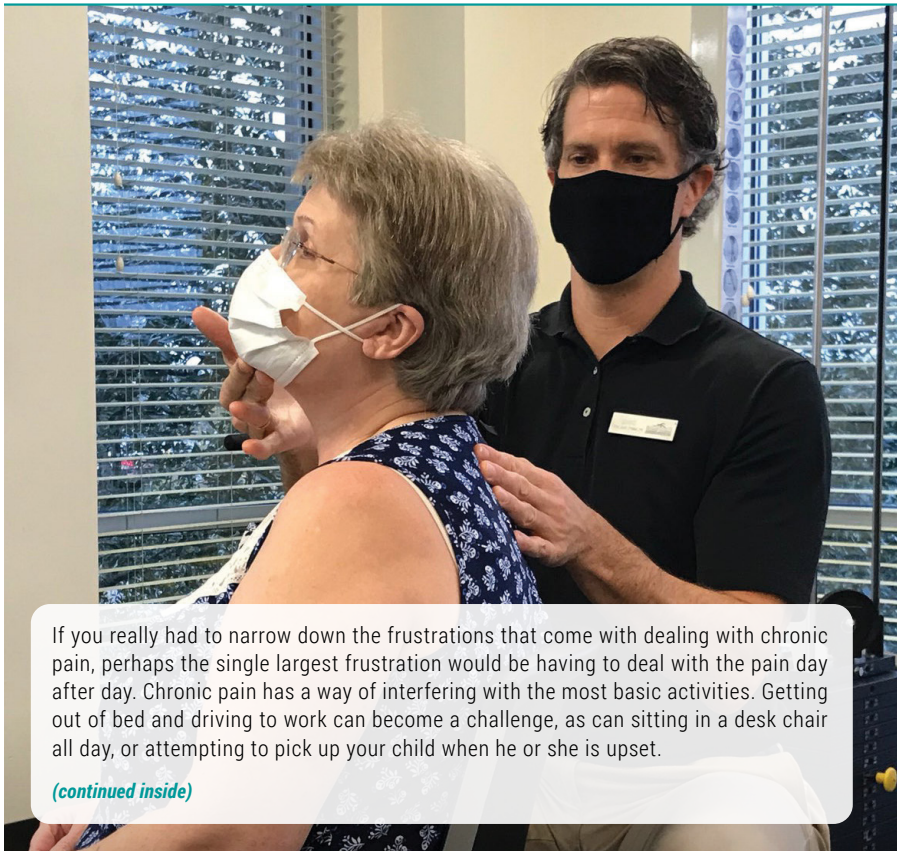


RELIEF FOR RADIATING NECK PAIN AND HEADACHES



If you really had to narrow down the frustrations that come with dealing with chronic pain, perhaps the single largest frustration would be having to deal with the pain day after day. Chronic pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge, as can sitting in a desk chair all day, or attempting to pick up your child when he or she is upset.

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- Exercise Of The Month
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(continued from outside)

Some of these tasks are more difficult to get around than are others, and, depending on how the pain is impacting your life, the stress of having to go through extra steps to make basic things happen can really get out of hand.

Neck pain is one of those types of pain that is difficult to work around. Pain that starts in the neck can frequently begin to radiate into your upper back and even up your neck all the way into the base of your skull. Neck pain can even cause headaches, making attempts to concentrate at work exceedingly difficult.

What Causes Neck Pain?

Neck pain can be caused by a number of things, including accidents and sporting injuries. A majority of neck pain is called mechanical pain and occurs without an incident and can be directly related to positions and frequent movements performed at home and work. Abnormal stresses

are placed on the tissues around the spine which cause pain and limited movement. Abnormal postures of the upper neck can refer pain into the head causing headaches.

Mechanical pain can lead to spasm in the neck muscles which can create tension headaches. The nerves that pass from the neck to the head pass through muscles in the upper neck. Spasm in these muscles can irritate the nerves and cause headache. Additionally, mechanical pain in the neck can quickly develop into pain, tingling or numbness in the hands, arms and fingers, which can be uncomfortable and frustrating when you are going about daily tasks.

When neck pain irritates a nerve in the upper neck, the radiating neck pain can result in severe headaches. The pinched nerve can cause pain to radiate from the neck into the skull. Working with a MDT trained physical therapist at Shoreline Physical Therapy can help you address pain caused by a pinched nerve, and in many cases can quickly reduce the severity of headaches that develop as a result of neck pain.



Physical Therapy & Neck Pain

The good news is that the majority of neck pain and headaches are "rapidly reducible", meaning that there are simple movements and exercises, when combined with improved posture, that can fully resolve the neck pain and headaches with most of the improvement occurring in the first 2 weeks of treatment. Working with a MDT trained physical therapist is the best way to address neck pain.

During physical therapy, you will receive a thorough mechanical assessment to learn what activities and positions trigger your pain, learn what positions improve your pain, and assess for range of motion loss in the neck and upper back. Most patient's pain demonstrates a "directional preference" meaning sustaining or repeating neck movements in the directional preference will immediately improve the pain and range of motion. The MDT trained therapist will take your neck through repeated movements and positions to learn the specific directional preference. Physical therapy then focuses on teaching the patient how to perform exercises into the directional preference throughout the day that reduce neck pain and headache. Additionally, the patient is taught proper postures and movements to avoid which will prevent the pain from returning. By adopting these strategies at home or on the go you can quickly control your pain and improve your quality of life.

Adopting healthier habits can have a big impact on your management of neck pain. These include:

- Practicing improved posture
- Using lumbar support in your desk chair or car
- Exercising regularly
- Engaging in regular stretching, and strengthening exercise

Once the patient's direction preference is established and the patient can improve their mechanical pain independently, another primary goal of physical therapy is to address improvement in function. In many situations, functional improvement includes improved flexibility and range-of-motion training, muscle building and strength training, and even in some cases, encouragement with cardiovascular activities and weight loss.

At the end of the day, the best way to be free of neck pain is to prevent neck pain from developing, and working with a physical therapist can help you in this regard, as well.

The tasks that you do every day can build up over time and cause a lot of stress on your body, and the neck and shoulders are some of the most common places to carry that stress. You may not even realize the impact that simple tasks that you do every day have on your body and your experience of pain. Things like driving, lifting heavy objects — like packages at the front door or even your groceries — and repetitive movements like hunching over a keyboard at work can all seriously impact your neck pain.

If you experience neck pain and headaches the smart thing to do is to consult a MDT trained physical therapist at Shoreline Physical Therapy. Our therapists can give you the tools to resolve your pain and teach you how to prevent it from returning, often in just a few sessions. This small investment in time can significantly improve your quality of life.

New Year, Healthier You



With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Shoreline Physical Therapy help you on your journey to becoming strong, healthy, and active in 2021.

Call (910) 791-0396 or visit www.shorelineptnc.com to schedule your appointment today!

EXERCISE OF THE MONTH

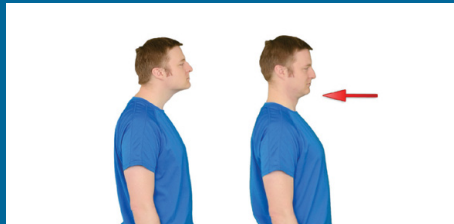
Try this movement if you are experiencing pain.

Stretches Your Neck



CERVICAL RETRACTION / CHIN TUCK

Slowly draw your head back without lifting your chin until you feel a stretch in the back of your neck. Hold the stretch for a count of 1-2 seconds then release. Repeat for 10 repetitions. If this movement reduces your neck pain then you may perform up to 5-6 times a day to reduce pain and improve your posture.

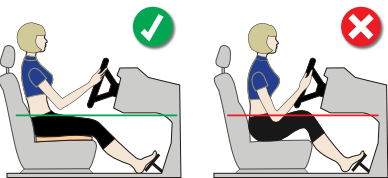


CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-791-0396

Proper Driving Posture

Try this if you're experiencing pain from poor posture behind the wheel.

When travelling, be sure to adjust your driver seat to ensure that your hips are just above your knees. This not only allows for better blood circulation, but can ease the strain on your lower back.



www.shorelineptnc.com

Fun & Games

3		2		4		1		
8						4		
			5		7		6	8
1		5					7	2
	9						8	
7	8					6		1
5	2		6		4			
		9						6
		1		2		8		5

<http://1sudoku.com>

n° 26328 - Level Medium

SUDOKU PUZZLE

The classic sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

COMING SOON!



We've been busy here at Shoreline Physical Therapy!

Here at Shoreline, we are focused on your success. That is why we are continuing to produce videos and content that will be featured on our website and social media to help you reach your goals and get great results!

www.shorelineptnc.com

Coupon Corner!

FREE PAIN CONSULTATION

Shoreline
PHYSICAL THERAPY
sport & spine specialists

910-791-0396

CALL TO SCHEDULE TODAY!
NO PRESCRIPTION NEEDED

Spots are limited so call today!

Call to schedule.
Expires 1-31-21