NEWSLETTER

Beyond Physical Therapy

MAY 2022



DON'T LET STRESS

BECOME A PAIN IN THE NECK!

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NEWSLETTER

MAY 2022

The Newsletter About Your Health & Caring for Your Body



DON'T LET STRESS BECOME A PAIN IN THE 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 Beyond 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.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with your back pain

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Continued From Outside

HOW PHYSICAL THERAPY CAN HELP MY NECK PAIN

Education, exercise and weight loss are cornerstones of a successful 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.

CONTACT OUR CLINIC TODAY

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!

Sources

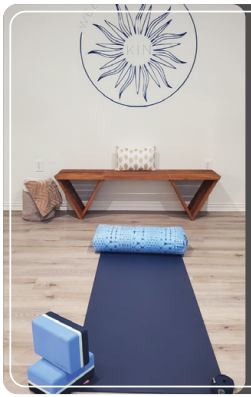
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Beyond Physical Therapy



YOGA AVAILABLE!

Did you know we have a Yoga room? Kin Wellness is a full service yoga studio providing a wide variety of classes including short 30 minute Stretch, Meditation, Gentle, Vinyasa, Hatha, Prentatal and more. Yoga is a great option for managing chronic pain, and combating minor aches and pain that go along with daily life. The instructors are highly trained and ready to assist you throughout the class from beginner to expert. All equipment is provided including mats, blocks, and straps. Pre-registration is required please call our office or go to: www.vagaro.com/kinwellness.

PATIENT SUCCESS STORY

"Every time I go to her, she makes me feel so comfortable and welcome."

"I couldn't recommend Dr. Kristi enough! She has helped me so so much with my severe pelvic pain caused by endometriosis. She is very knowledgeable, and she cares. Every time I go to her, she makes me feel so comfortable and welcome. She always asks me if I am still doing okay when she is working on me, making my comfort the number one priority. She pours her heart into her patients and truly cares about you and what is going on in your life. All of the staff here is also super sweet and on top of things! " **-A.E.**

EXERCISE ESSENTIALS

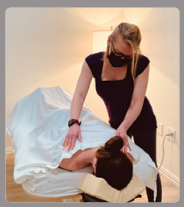
CHIN TUCK SUPINE

While lying down on your back with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. The back of your neck will rise and the base of your neck should stay in contact with the towel.

Always consult with your physical therapist before performing an exercise in order to relieve pain.



Now Offering Massage Therapy Appointments



Teagan Lamkin, PTA, LMT, CLT joined our office last spring. She knew from early on she wished to serve others through partnering in their healing and wellness through teaching and non-invasive means. After becoming a massage therapist in 2011, she worked in clinical and medical spa settings alongside chiropractors, doctors, and physical therapists. She has received continuing education in various modalities including orthopedic, sports, reflexology, prenatal, aromatherapy, and myofascial release. In addition, since becoming a PTA, she has received certification as a Lymphedema therapist (CLT). She enjoys learning from her clients their specific concerns and tailoring massage specific to their needs. We are excited to announce that she will now be offering massage here at Beyond Therapy and Wellness Physical Therapy! **Schedule an appointment for massage by calling 817.786.8058 or in person at our office.** Services are 45 or 90 minutes. Please arrive at least 10 minutes prior to your appointment time to complete intake forms and a pre-session interview.

THERAPIST SPOTLIGHT



Bailey Inman, PT, DPT is one of our most recent up and coming PT super stars! She graduated from PT school in 2021 after attending University of Texas, El Paso. She has completed her pelvic health post graduate series with Herman and Wallace and is putting her skills to good use!

Dr. Bailey grew up in Flower Mound along with her twin sister and older sister. She is now in Fort Worth and enjoys pilates, traveling with friends and family, and absorbing every ounce of PT knowledge she comes across. She is caring, compassionate, thorough and brilliant! We are happy to have her on our team as she directs patients in changing their bodies and lives for the better!

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
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