NEWSLETTER

Beyond Physical Therapy

NOVEMBER 2023



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NEWSLETTER
NOVEMBER 2023
The Newsletter About Your Health & Caring for Your Body



Are your headaches coming more frequently and lasting longer? Do you notice tension in the upper back and neck every time you get a headache? You may be experiencing a cervicogenic headache.

The good news is that our physical therapist can provide you with the guidance you need to resolve your headaches once and for all!

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents to stress and allergies, headaches happen to the best of us.

However, some headaches may be a bit more predictable than others. Factors like the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk for experiencing regular cervicogenic headaches because of the intricate network of nerves and muscles in your neck.

Our physical therapists are skilled at treating all types of headaches. Call Beyond Therapy and Wellness today and set up an appointment with one of our highly trained physical therapists!

HOW NECK PAIN LEADS TO HEADACHES

The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, you're dealing with neck pain everyday.

Sometimes what causes your neck pain is a bad habit that you don't think twice about, like watching TV at the end of a long day, keeping your neck at an odd angle as you enjoy your favorite show. Or maybe your headache/neck pain starts from your posture as you type at your desk every day hunched over.

We usually consider these poor habits to be harmless. But the reality is that they could be putting undue stress on your neck, and if you aren't careful, this could translate to a headache.

One of the most common ways to trigger pain in your neck that radiates to the head is through weightlifting or other sports related injuries. The forces that occur while lifting something heavy or participating in a contact sport can be the beginning of a cervicogenic headache.

The cause of the issue isn't always as simple to identify. Getting a physical therapy assessment can help to clarify the source of the pain and more importantly, the solution.

WHY POSTURE IS SO IMPORTANT TO FEEL GOOD

Working with a physical therapist can help you identify whether or not your headaches may result from neck pain or strain. One of the most common causes of headaches due to neck pain is forward head posture. Forward head position means that when you are slouching!

A prolonged slouched posture leads to strain on the muscles, ligaments, and joints of your neck. Over time your body will start to alert you to this posture by sending pain signals. Typically you will adjust your posture for a minute and then resume the offensive position. Eventually, your body's alert system will get stronger and include discomfort at the base of your head. If you fail to take the warning, a full-blown cervicogenic headache will likely follow.

There are specific ways that you can tell if your posture is causing cervicogenic headaches, including:

- The pain in your neck/head is worse at the end of a workday.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you stay pain free this season

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Continued From Outside

- The pain starts in your neck and moves into your head.
- The pain subsides when you switch positions (i.e., moving from sitting to standing).
- Neck pain/headaches develop after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.

Working with a physical therapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.

WHAT IS POSTURAL RESTORATION

Postural Restoration takes the approach to physical therapy based on the understanding that the human body is asymmetrical. On the surface, we appear symmetrical – two eyes, two arms, two legs, etc., but in reality, it's not how we function. Most of us are right or left handed, we often have different prescriptions for each eye, or hear better out of one ear; we carry bags on a certain shoulder, cross our legs one way over the other and all of us have organs that are unevenly distributed inside of us.

WHY ASYMMETRY MATTERS

When we begin to adapt to these improper positions and use accessory muscles, we place undue stress on our joints, our autonomics (heart rate, digestion, respiration) and become out of balance. These patterns may even lead to visible postural changes, such as overdevelopment of certain muscles, scoliosis or curvatures in the spine, uneven rib and shoulder height, flat feet or high arches and facial asymmetries. Some of the most common symptoms of asymmetry include:

- Head and neck tension
- Shoulder knee and back pain
- TMJ/Jaw pain
- Migraines/Headaches
- Chronic fatigue
- Dizziness/Lightheadedness

HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

Our spine is designed to move, which means our posture should also move. At Beyond Therapy and Wellness, our physical therapists will guide you through a series of stretches, postural corrections, and strength-building exercises that can help you begin training your body to practice better posture, thereby reducing your neck pain.

Stretching the muscles in your neck to alleviate neck strain can reduce the severity and regularity of your headaches. Stretching and strengthening the muscles that have grown tight and weak along the back of your neck and those along the shoulders can help you find relief from the tension that is causing your pain.

Understanding your ideal posture and how to manage it throughout your day can help you be proactive and find a solution for your sore neck. Learning specific exercises/movements on how to improve your posture is one of the most effective solutions. It seems small, but consistently it has been shown to help!

While you can try many simple activities at home, working with a physical therapist is the only way to ensure that what you are doing won't potentially lead to more significant injury.

CONTACT US FOR AN APPOINTMENT

If you want to improve your health, strength, and physical activity, Beyond Therapy and Wellness is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

At Beyond Physical Therapy, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.

1.817.769.3691

CALL **1.817.769.3691** OR VISIT **BEYONDTHERAPYANDWELLNESS.COM** FOR MORE INFO



Try This Healthy Recipe

Apple Pie Chia Smoothie

INGREDIENTS:

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

INSTRUCTIONS:

Blend all ingredients until smooth; add ice if desired.

YOUR PT COULD BE FREE!

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you ***absolutely nothing!***

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a $0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at Beyond Therapy and Wellness could be minimal or entirely covered by your insurance plan!

You should be enjoying time spent with your family instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit Beyond Therapy and Wellness for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!



PATIENT TESTIMONIAL

"I absolutely love this place!"

I absolutely love this place! I came here 3 years ago and my insurance didn't cover it so I wasn't able to stay. 3 Years later due to a double mastectomy and DIEP Flap reconstruction my breast surgeon referred me to Beyond Therapy. I thought it looked familiar and sure enough it was the place I always wanted to be at, now for a different issue but super happy life brought me back to this place. Still as amazing 3 years later. 100% recommended.

Veronica M.

DON'T WAIT ANY LONGER!

1.817.769.3691

CALL BEYOND PHYSICAL THERAPY TODAY AND START YOUR JOURNEY TO RECOVERY