

RIDE THE WAVE TO RECOVERY
NEWSLETTER



IS STRESS A PAIN IN YOUR NECK? FIND RELIEF WITH PHYSICAL THERAPY!

IRVINE
949.679.3988

MURRIETA
951.600.0054

TEMECULA
951.506.0200

CORONA
951.407.9233

LAGUNA HILLS
949.716.2730

**MURRIETA/
FRENCH VALLEY**
951.417.8195

HEMET
951.929.9890

**New Location
Coming Soon!**



IS STRESS A PAIN IN YOUR NECK? FIND RELIEF WITH PHYSICAL THERAPY!

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 PacificPro 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.

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

Continued inside.

NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

HEALTHY RECIPE

Coconut Apricot Energy Balls

INGREDIENTS

- 1 1/2 cups dried apricots
- 1 cup raw cashews (can sub blanched almonds or macadamia nuts)
- 1/4 cup unsweetened shredded coconut (plus extra for rolling)
- 2 tbsp brown rice syrup
- 1/2 tsp vanilla extract
- Pinch of salt

DIRECTIONS Add all of the ingredients to a food processor and pulse until everything is mixed together. You should be able to easily press the mixture between your fingers to form a sticky dough. Scoop out 1 tbsp at a time of the mixture and use your hands to roll into a ball, then dip each ball into a plate of shredded coconut. Place in the fridge for at least

2 hours to set.

Source: <https://choosingchia.com/coconut-apricot-energy-balls/>



EXERCISE TO TRY AT HOME

Repeated Cervical Retraction

Sitting in a chair with good posture, focus your eyes forward with your chin parallel to the floor. Pull your chin straight back, aligning your ears with your shoulders, and relax back forward. Repeat 10-15 times every 2-3 hours as needed.



Is Stress A Pain In Your Neck?

Continued from previous page.



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 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2270377/>
<https://pubmed.ncbi.nlm.nih.gov/30969342/>
<https://pubmed.ncbi.nlm.nih.gov/>

3 Nutrition Tips for THANKSGIVING



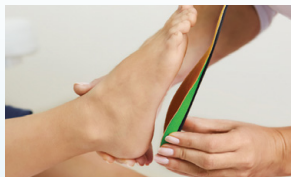
1. Be mindful of your hunger and satiety cues. Holiday meals usually mean large portions of home cooked meals and desserts. This often results in overeating at meals to get a taste of everything to enjoy. While building your plate, take notice of how hungry you are and portion accordingly. Keep in mind you can always have seconds of your favorite dishes if you are still hungry. Perhaps you will want to leave room for the different types of dessert.

2. Eat your favorite food first! Clients are often surprised to hear this strategy, however, it can be a game changer in your meal enjoyment. Think of it this way, if you ate your favorite food first and all you had left on your plate are foods that you cared less for, it would be easier to stop when your satiety cues kick in and you won't feel as though you need to necessarily finish your plate.

3. Eat throughout the day before the Thanksgiving meal. It may sound logical to skip an earlier meal to treat yourself to the typically large Thanksgiving meal, however, it's best to eat a variety of foods earlier on to keep your metabolism in check, blood sugars normal, and lower your risk of being hungry. Therefore you can simply enjoy the family meal whenever it is time to eat.



PATIENT SUCCESS



"I love this place so much. Every single person there is amazing at what they do and they're also just cool people. I had horrible feet problems and thanks to them I'm well on my way to walking normal again. To be honest, when they finally tell me, ok you're good to go!! I'll be bummed to leave them. Great team — every last one! The treatments, stretches, exercises, knowledge I've gained and friendly stories are all going to be missed. Highly recommend PacificPro." — L L

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



IRVINE
949.679.3988

LAGUNA HILLS
949.716.2730

MURRIETA
951.600.0054

**MURRIETA/
FRENCH VALLEY**
951.417.8195

TEMECULA
951.506.0200

HEMET
951.929.9890

CORONA
951.407.9233

**New Location
Coming Soon!**

Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

pacificpropt.com