

RIDE THE WAVE TO RECOVERY  
NEWSLETTER

**PACIFICPRO**  
PHYSICAL THERAPY & SPORTS MEDICINE



**RELIEVE YOUR CHRONIC  
HEADACHES AND MIGRAINES  
WITH PHYSICAL THERAPY**

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## RELIEVE YOUR CHRONIC HEADACHES AND MIGRAINES WITH PHYSICAL THERAPY

Have you noticed pain on one side of your head? Do you have tension in the neck that radiates up and leaves you with a nagging headache? There are many different types of headaches and various causes for each of them. Fortunately, the therapists at PacificPro Physical Therapy know how to figure out where your headaches are coming from and the quickest way to get rid of them!

If you live with chronic headaches or migraines, myofascial release can help you find relief.

Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by a physical therapist and focuses on specific pressure points to bring the myofascial back to its elastic form.

Every headache requires a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work. Fortunately, at PacificPro Physical Therapy, our therapists will skillfully address your individual needs.

### How Myofascial Release Can Help You Find Relief

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head,

which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted space, thus promoting more effortless mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process.

These manual techniques help reduce pain and keep the head and neck moving. They also help chronic headaches, and migraine sufferers sleep better and experience attacks less frequently.

### How Physical Therapy Uses Myofascial Release In Your Plan

Your therapist will perform a thorough assessment to identify the type of headache you are experiencing and the specific treatments that will be the most beneficial. The main emphasis of physical therapy is giving you the tools to manage your pain.

We will educate you on the most effective exercises and postures to complement our hands-on interventions. Our goals include:

- Reduce pain quickly through myofascial release and other manual therapy techniques
- Reduce pain with postural education and targeted movements/exercises
- Minimize the risk of recurring pain through strengthening exercises and behavioral changes
- Minimize the use of medication or surgery to eliminate pain

Manual therapies, including myofascial techniques, effectively reduce pain. However, when combined with targeted stretches, the results improve even more! Our therapists will identify specific stretches to alleviate pain and restore your motion. In addition, we will educate you on the movements and positions that are provoking your pain.

*Continued on next page.*

### 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.

# SEASONAL RECIPE



## Slow-Cooker Dressing

### INGREDIENTS:

- 1 medium celery rib, chopped
- 1 small onion, chopped
- 8 cups unseasoned stuffing cubes
- 1 teaspoon poultry seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups reduced-sodium chicken broth

**DIRECTIONS** In a large skillet, heat oil over medium-high heat; saute celery and onion until tender. Place stuffing cubes, celery mixture and seasonings in a large bowl; toss to combine. Gradually stir in broth. Transfer to a greased 5-qt. slow cooker. Cook, covered, on low until heated through, 3-4 hours.

<https://www.tasteofhome.com/recipes/slow-cooker-dressing/>

## EXERCISE TO TRY AT HOME

### Sitting Cervical Sidebending

Start by sitting upright in a chair with your low back supported. Tuck in the chin to straighten the neck. Place your right hand over the top of your head, with fingers pointed towards the ear. Keep your left hand on the back of the neck as support. Bend your neck to the right, allowing your right hand to assist you going deeper into the motion. Hold for 3 seconds.



## RELIEVE YOUR CHRONIC HEADACHES AND MIGRAINES WITH PHYSICAL THERAPY



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Next, our therapists will educate you on preventing future episodes through regular exercise. It's important to address issues when they begin so that they do not worsen over time.

Too often, people wait until they have severe headaches. Typically the longer you wait, the more challenging it is to reduce your pain. Regular manual sessions can reduce and may even prevent future episodes.



## Call Today To Schedule An Appointment

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today. Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

**At PacificPro Physical Therapy, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life!**

Sources: [www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/), [www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/), [www.ncbi.nlm.nih.gov/pmc/articles/PMC8384005/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC8384005/), [www.ncbi.nlm.nih.gov/pmc/articles/PMC6134706/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6134706/)

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# 4 TIPS TO PREVENT HOLIDAY STRESS

## The Holidays Don't Have To Be Perfect!

- 1. Be Realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.
- 2. Stick To A Budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.
- 3. Plan Ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.
- 4. Learn To Say No.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

### LOOKING TO IMPROVE YOUR PERFORMANCE, PREPARE FOR SPORTS, OR JUST GET STRONGER, HEALTHIER AND MORE ACTIVE IN 2023?

Our physical therapists can help you get started on a safe and effective fitness plan tailored to your needs and goals. Call today for an appointment and become the best you can be.



# PACIFICPRO

PHYSICAL THERAPY & SPORTS MEDICINE

## PATIENT SUCCESS



"Mason Nebrija: my physical therapist, has been very helpful in diagnosing & targeting my needs in strength & flexibility on my lower back issue. He is very easy to talk to but very serious about helping you get better. He is very knowledgeable & will answer any questions you have with a smile.

I am so glad I chose to go to PacificPro for my back issue. I will take what Mason has taught me & will apply it to my daily life to stay healthy & strong. He has been a blessing from God! Mason, I can't thank you enough for what you have done for my back & my life.

I highly recommend Mason Nebrija for your PT needs." – **Jose M.**

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



Thank you!

We've Expanded In Irvine!  
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Now in Tennessee

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## Are You In Pain? 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](http://pacificpropt.com)

# PACIFICPRO

PHYSICAL THERAPY & SPORTS MEDICINE

We've  
Expanded  
In Irvine!

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NEW  
Location  
in TN!

**MURFREESBORO**  
2943 S. Church St. Suite D  
Murfreesboro, TN 37127  
615.962-8232

*PacificPro is extending our services out East! One of our PTs, Mason Nebrija, recently moved to Murfreesboro, Tennessee where we have opened our newest clinic.*

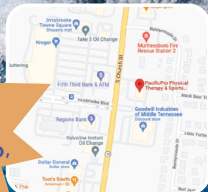
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Check Out  
Our New  
Location In  
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