



COMING SOON

PacificPro is excited to announce we are opening a new clinic in Riverside! More details to come!

Did you know there was a...
**CONNECTION
BETWEEN NECK
PAIN AND
HEADACHES**

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 PacificPro Physical Therapy 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

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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



MEDITERRANEAN CHICKEN SALAD

INGREDIENTS:

- 1 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

DIRECTIONS In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

EXERCISE TO TRY AT HOME

Trunk Rotation In Side Bending

Start by sitting upright in a chair with your low back supported. Tuck in the chin to straighten the neck. Place your left hand over the top of your head, with fingers pointed towards the ear. Keep right hand on the back of the neck as support. Bend your neck to the left, allowing your left hand to assist you going deeper into the motion. Hold for 2 seconds and repeat.



THE CONNECTION BETWEEN NECK PAIN AND HEADACHES

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cervicogenic headaches, including:

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

How Physical Therapy Can Help Your Posture

Our spine is designed to move, which means our posture should also move. At PacificPro Physical Therapy, 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're struggling with recurring headaches and neck pain, call PacificPro Physical Therapy today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!



[Request an Appointment](#)

EXPERIENCE THE BENEFITS OF STRETCHING



As you age, your muscle tissue actually dries out a little, tightening. This causes a loss of range of motion in your joints and tissues. In addition to the loss of range of motion, it can really limit your active lifestyles and hinder day-to-day, normal motions. Tasks that used to be simple, such as dressing or squatting down to tie your shoes, now become extremely difficult. A regular stretching program helps lengthen your muscles and makes daily living activities much easier.

Everyone can learn to stretch, regardless of age or flexibility. Stretching should be a part of your daily routine, whether you exercise or not. It does not have to involve a huge amount of time, but stretching can end up giving you huge results!

Stretching is a natural part of what we do on a daily basis. You might notice that if you have been sitting in a particular position for a long time, you stretch unconsciously. It feels good! In addition to that good feeling, a consistent stretching program will produce large gains in flexibility and joint movement. Be kind to your muscles and they will be kind to you!

Here are just a few of the benefits you can expect from a regular stretching program:

- Reduced muscle tension
- Increased range of movement in the joints
- Enhanced muscular coordination
- Increased circulation of the blood to various parts of the body
- Increased energy levels (resulting from increased circulation)

[Request an Appointment](#)

Anytime is a great time to start a stretching program! PacificPro Physical Therapy can help you get started and develop a plan that fits your goals. Request an appointment and enjoy the benefits of a good stretch.

PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE

Patient Success



"This place is amazing and has the best physical therapists. My therapist, Chris Jensen, did a great job working on my neck. I had limited mobility when I started the therapy. In 6 weeks I was back to normal and could turn my neck 180 degrees from left to right. Thank you guys. I highly recommend this place!"

—Hossein

We want to hear your Success Story. Click below and leave us a review.

[Share Your Success Story](#)

Thank you!

We've Expanded In Irvine!

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HEMET

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CORONA

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**Canyon
Hills/Menifee**

951.244.8404

New Location
NOW OPEN

Now in
Tennessee

Murfreesboro

615.962.8232

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