



# **KNOCK OUT YOUR NECK PAIN WITH PHYSICAL THERAPY**

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## KNOCK OUT YOUR NECK PAIN WITH PHYSICAL THERAPY

Does your neck hurt? You might be suffering from stress-related pain — also called a tension headache. During anxiety, muscles tense up. As muscle tension tightens, the back, shoulders and neck are affected. The more pressure they cause, the more discomfort you get. Let's take a closer look at stress-related neck pain.

### Is My Neck Pain Caused by Stress?

Pain worsened by keeping your head in one place — like when you're driving, or using a computer — is neck pain. While neck pain has a slew of symptoms, its major symptoms, reported by Mayo Clinic, are:

- Muscle tightness and spasms
- Headaches
- Decreased ability to move the head

Stress-induced neck pain isn't rare, and it also isn't psychological. Many experts think stress-induced neck pain is caused by physical factors — low but, constant trapezius muscle activity. If your neck pain starts at the base of your shoulders, traveling upward, it may be stress related.

### Causes of Stress-Related Neck Pain

While stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems — as they confine people to chairs, bad posture and little mobility. Driving often, too, can make your chances of stress-related neck pain higher.

The U.S. National Library of Medicine suggests contacting a professional if you're experiencing neck pain. Even if it's caused by stress, untreated neck pain might later reveal muscle spasms, arthritis, bulging discs or even narrowed spinal nerve openings.

### How Physical Therapy Can Help Your Neck Pain

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activities can cure it. Sometimes, this "activity" means "no activity." Before you contact a professional, try reducing your neck movements. Sometimes, simply letting your neck muscles relax is enough.

If you don't see relief within two weeks, contact a professional. Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch, flex and relax your neck muscles. In time, your neck will become more resilient — giving you the comfort you deserve. Where aftercare treatment is considered, custom-tailored neck exercises will assure your neck stays loose, limber and healthy.

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.

<https://www.spine-health.com/blog/how-relieve-neck-pain-caused-stress>, <https://www.everydayhealth.com/neck-pain/neck-pain-reduce-stress.aspx>, <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0027055/>, <https://medlineplus.gov/ency/patientinstructions/000802.htm>, <https://newnetwork.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-time/>, <https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>

## GTS HOMETOWN STRONG

*Hometown Strong donates \$1000 to Serenity, Inc of Mountain Home. Serenity Inc. helps survivors of domestic violence heal and regain their personal strength and power.*



## HEALTHY RECIPE

### Valentine's Raspberry Smoothie



#### INGREDIENTS

- 1 tbsp white chocolate chips
- 1/2 cup nonfat vanilla greek yogurt
- 3/4 cup frozen raspberries
- 1 cup almond milk/milk of choice
- 1/2 cup ice
- Fresh raspberries for garnish (optional)

#### DIRECTIONS

In a small microwave safe bowl, heat white chocolate chips about 30 seconds and stir until smooth and melted through. Set aside to cool slightly. Add all ingredients, including melted chocolate, to a blender (or bullet, food processor, etc). Blend until smooth. Pour into glasses and top with fresh berries. Enjoy!

<https://livelytable.com/white-chocolate-raspberry-valentines-smoothie/>

## TIPS FOR BETTER HEART HEALTH!

**1. Aim for lucky number seven.** Young and middle-aged adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

**2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

**3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise.

Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

**4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

**5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.



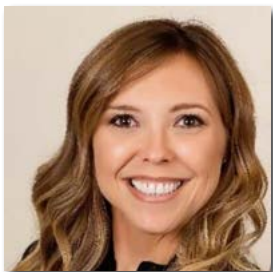
# SERVICE SPOTLIGHT

American Medical Rentals is an at-home medical equipment retail company that provides services all over the state of Arkansas. We offer a variety of their at-home medical respiratory equipment, mobility products, compression socks and wraps, therapy bracing, personal care medical products, medical adjustable beds, drive mobility scooters, medical lift chairs, and medical equipment rentals!

For whatever your needs may be, give us a call today to schedule your appointment and see which piece of equipment may be right for you.

You can reach Stacy below:

**(870) 701-5089**



## STAFF SPOTLIGHT

### Stacy Millikin, MS, OTR/L, ATP

Stacy graduated from Batesville High School and went on to attend the University of Central Arkansas in Conway. She was a member of Phi Theta Epsilon (The National Occupational Therapy Honors Society) and Alpha Chi (The National Collegiate Honors Society). She received her Master

of Occupational Therapy Degree graduating as a Presidential Scholar and Summa Cum Laude in 2010. In her eleven years of practicing Occupational Therapy, Stacy has served Batesville, Southside, and the surrounding communities by specializing in orthopedics, manual therapy, lymphatic drainage, bracing, power mobility, and medical equipment.

# SUCCESS STORY



Quick shoutout to GTS for the excellent therapy provided to JohnThomas this past summer. Getting JohnThomas back to the tennis court and earning All-State in tennis this fall is beyond phenomenal. Considering the first visit with Dr. Greer was "You may never play tennis again!"

You are to be commended for your outstanding work. I hope you feel some satisfaction in helping JohnThomas achieve All-State again for the 3rd consecutive year.

Many "Thank You's" and All the Best!

*John David Morgau*

*Father of JohnThomas*

## COME BACK TO PHYSICAL THERAPY!

**GIVE US A CALL TODAY  
TO SCHEDULE YOUR NEXT  
APPOINTMENT!**

**(870) 701-5089**

GTSPHYSICALTHERAPY.COM

## EXERCISE ESSENTIALS

*Try this exercise to keep you moving!*

### SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders.

*Good stretch to relax your shoulders*

