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JULY 2021



# IS STRESS CAUSING YOUR NECK PAIN?

## FIGHT BACK WITH PT



The American  
Association for  
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Ambulatory Surgery Facilities accreditation programs help facilities demonstrate a strong commitment to patient safety, standardize quality, maintain fiscal responsibility, promote services to patients and collaborate with other health care leaders.

**Do You Have  
Foot or Heel  
Pain?**

**Patient  
Spotlight**

**Exercise  
Essentials**



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CHESTERTON  
**PHYSICAL  
THERAPY, INC.**  
Great Health Through Great Physical Therapy

JULY 2021



# IS STRESS CAUSING YOUR NECK PAIN?

## FIGHT BACK 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. 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 My Neck Pain

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activity 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://newsnetwork.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-time/>

<https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>



VISIT OUR WEBSITE TODAY TO SCHEDULE YOUR APPOINTMENT!

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# GET TO THE POINT

## CONSIDER DRY NEEDLING TO RELIEVE YOUR PAIN

Dry needling is a technique physical therapists use (where allowed by state law) to treat myofascial pain. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle, known as trigger points.

Some dry needling techniques treat a broader landscape of the central nervous system. This is called non-trigger point treatment. Instead of inserting needles only in the area of pain, the practitioner may instead insert needles in areas around but not directly on the point of pain. This technique relies on the idea that pain is the result of a greater nerve or muscular issue, not a focused one only in the main area of pain.

Physical therapists use dry needling with the goal of releasing or inactivating trigger points to relieve pain or improve range of motion. Preliminary research supports that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient's return to active rehabilitation. Dry needling may provide relief for some muscular pain and stiffness. In addition, easing the trigger points may improve flexibility and increase range of motion. That's why this method is often used to treat sports injuries, muscle pain, and even fibromyalgia pain.

**Call today to schedule your appointment and see how Dry Needling can start you on your path toward pain free movement.**



## Did You Know You Have Direct Access To Physical Therapy?

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a physician referral is not needed.

MICHIGAN CITY  
(219) 898-4360  
CHESTERTON  
(219) 926-9779



## HEALTHY RECIPE

### GRILLED CHICKEN CAPRESE



#### INGREDIENTS

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

#### INSTRUCTIONS

Set grill to medium. Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush

chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

## EXERCISE ESSENTIALS

*Try these simple exercises to keep you moving...*

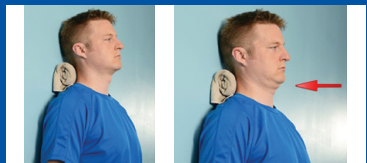
### SCAPULAR RETRACTION

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders. Repeat 6 times.



### CERVICAL RETRACTION (TOWEL)

Stand with your back against a wall. Position a rolled up towel behind your neck. Tuck chin like you are nodding 'yes'. Draw your chin closer to the back of your throat. Repeat 3 times.



## PATIENT SPOTLIGHT



***"A car accident left me in a lot of pain. My back, neck, and wrists were hurt from the impact. I have learned ways to help not only with strength but also nerve pain. Please listen to their advice!"***

**- Cynthia K.**



## STAFF SPOTLIGHT

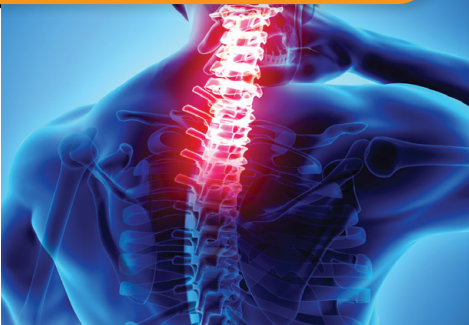
**MARIBEL BACALAN, PT, DPT**

Dr. Bacalan graduated from Dominican College Blauvelt, NY in 2015. She is a Certified Brain Injury Specialist (CBIS), a Certified Dementia Practitioner (CDP) and holds certifications in Integrative Dry Needling, Myofascial Release, Evidence Based Concussion (AIB-CON), Vestibular Rehabilitation (AIB-VR), Lymphedema Therapist (CLT), Kinesio Taping Practitioner (CKTP).

After graduating as a Mass Communications major, her continued interest in the sciences and its effects on patient healing led her to pursue another degree in physical therapy. Thirteen years later, this quench for knowledge propelled her to complete her clinical doctorate and to pursue various specializations in this field.

She is inspired by her twins to do whatever she can to help make this world a better place for them in the future. She is a yoga devotee and says "My mat is where I can find the "me time" that I need to rejuvenate so that I can give back to others."

## FREE WORKSHOP



## FREE NECK PAIN WORKSHOP

**AUGUST 3<sup>RD</sup> at 1PM in CHESTERTON**

**AUGUST 17<sup>TH</sup> at 1PM in MICHIGAN CITY**

**DO YOU HAVE NECK PAIN WHEN YOU ARE:**

- Driving
- Turning Your Head Side To Side
- Nodding Your Head
- Working (Especially At A Computer)
- Holding A Phone To Your Ear
- Sleeping

**IF YES, THEN THIS WORKSHOP IS FOR YOU!**

**Hurry, register soon as space is limited. Call today to reserve your spot!**

**CHESTERTON — AUGUST 3<sup>RD</sup> at 1PM  
(219) 926-9779**

**MICHIGAN CITY — AUGUST 17<sup>TH</sup> at 1PM  
(219) 898-4360**

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