

IDAHO SPINE & SPORTS
PHYSICAL THERAPY

NATURAL RELIEF FOR
NECK PAIN AND STRESS

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Is Stress Causing Your Neck Pain?

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 is 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.

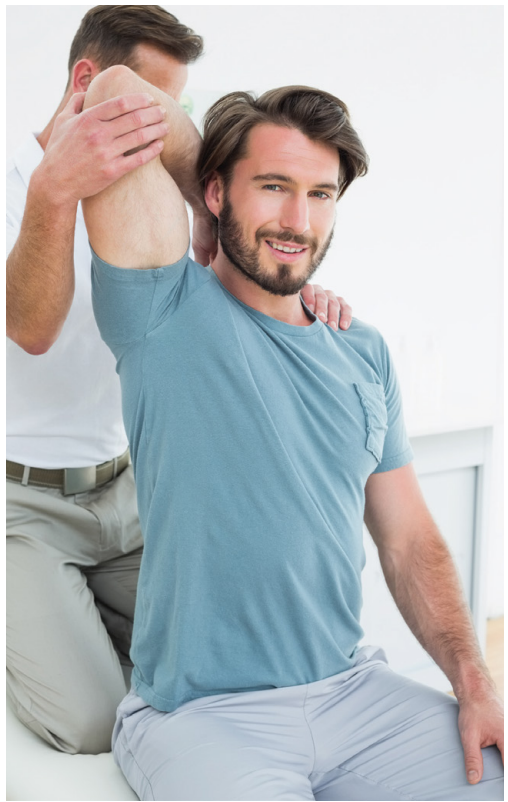
Has Your Pain Come Back? Book An Appointment Today!

How Physical Therapy Can Help 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 or visit www.SpinePT.com and schedule an assessment. We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more.



Sources

<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/pubmed/health/PUBHT0027055/> <https://medlineplus.gov/ency/patientinstructions/000802.htm> <https://newsroom.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-time/> <https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>



We're Currently Hiring For A Physical Therapist Position!

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Clinic Hours

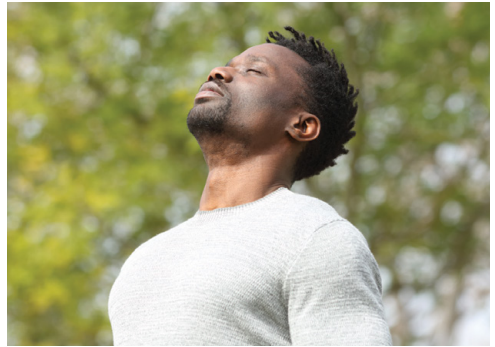
Monday - Friday | 7AM - 7PM



Reducing Stress With Mindfulness

There are several stressors that each of us deal with on a daily basis. Between doing our jobs, taking care of our families, and paying attention to current events, it's hard not to be stressed sometimes! However, there are ways to combat stress, such as practicing mindful behavior.

According to Help Guide, mindfulness has been found to be a key element in stress reduction and overall happiness. Being mindful means that you are focusing your attention on the present moment, accepting and observing it for what it is without judgment.



If you practice mindfulness on a daily basis, you will be better able to respond to stressful situations in a calm and level-headed manner. The less stress you experience, the lower your risk is of developing many health problems that are directly correlated to stress.

Practicing mindful behavior improves your mood, and helps your brain to function and focus more efficiently. Mindfulness allows you to be more focused, which keeps you safer and healthier. It also brings a more open attitude towards the unknown. This decreases feelings of anxiety or worry.

There's no reason to crack under pressure! Learning new breathing techniques to center yourself during the day and paying attention to what kinds of stress affect what parts of your body can really help your health in the long run.

To learn more about stress management, contact our physical therapy clinics or visit www.SpinePT.com.



A screenshot of the YouTube channel page for Idaho Spine & Sports Physical Therapy. The channel banner features the text "IDaho Spine & Sports PHYSICAL THERAPY" and "WHATEVER IT TAKES!". A large QR code is overlaid on the center of the page. Below the QR code, there are video thumbnails and a "Subscribe" button.

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