

IDAHO SPINE & SPORTS **PHYSICAL THERAPY**

WHAT IS THE CONNECTION BETWEEN **NECK PAIN AND HEADACHES?**

www.SpinePT.com



*Scan the QR Code to visit our website at www.SpinePT.com
to schedule your appointment today!*

Look inside for details!

Call Idaho Spine & Sports Physical Therapy today or visit www.SpinePT.com

What Is the 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 Idaho Spine & Sports Physical Therapy today and set up an appointment with one of our highly trained physical therapists!**



WHATEVER IT TAKES!



2022 Boise Awards

We're excited to announce that our teams at Idaho Spine & Sports Physical Therapy have won the Boise Awards for 9 consecutive years in a row! Thank you for choosing us!

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.

**Has Your Pain Come Back?
Book An Appointment Today!**

You're Invited!

Patient Appreciation Event: Summer Lunch!



It's happening Wednesday, July 6, 2022 | 12 - 1:30PM

Location: McMillan Clinic 12072 W. McMillan Road Boise, ID 83713

Special Guest Speaker!

Gifts, prizes & food!



Upcoming Workshop | Neck Pain

It's happening Wednesday, July 20th from 5:30PM - 6:30PM!

Location: 1525 S Orchard St Boise, ID 83705

Instructor: Dr. Steven Oswald, PT

Fee: FREE

This Workshop Is For You If:

1. You are worried about your neck pain and feeling nervous, skeptical or confused about what can be done to help ease your pain.
2. You have constant neck pain that isn't getting better...in fact, it's getting worse!
3. You've been told there's nothing you can do about your pain and "you'll just have to live with it."
4. You're tired of living with neck pain and missing out on the activities you love with friends and family.
5. You're ready to learn how to end neck pain for good!

Please wear comfortable clothes you can move around in.



RSVP by scanning the QR code and visiting our website at www.SpinePT.com/workshops



Small Business Spotlight

Boris (Bill) Garibyan | Idaho Art Gallery, Meridian Idaho

Born and raised in the former Soviet Union, Bill's passion for art began at a young age. Influenced by his father, an artist and member of the Soviet Union Art Society, Bill spent a great majority of his young adult life shadowing him in the art studio. The wealth of knowledge that he experienced was not limited. It introduced him to the wonderful world

of drawing, painting and sculpting. In addition, Bill worked for a local art and design association while attending evening classes at a local university where he sharpened his drafting and architectural skills. The artwork of Bill is a reflection of his passion for painting, color and nature itself expressed on canvas has lead him to open Idaho Art Gallery.

Bring this newsletter to Bill to receive 10% off! | Offer Expires 9/30/22 | landscapepaintings.org

Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

Meridian Location

(208) 286-2707

Boise Locations

(208) 939-0533

Fax Number

(208) 939-3341

Clinic Hours

Monday - Friday | 7AM - 7PM



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 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 Idaho Spine & Sports Physical Therapy, our physical therapist 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 Idaho Spine & Sports 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!

Sources
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>

Exercise Essentials Upper Trap Stretch



Place your hand of the side being stretched behind your body. Bring your ear to the opposite shoulder and your chin towards your chest. Now, look slightly over the shoulder being stretched.

Exercise Essentials Rhomboid & Middle Trap Stretch



Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.