



**THE PHYSICAL
THERAPY INSTITUTE**
ORTHOPEDICS AND SPORTS MEDICINE

NEWSLETTER

Helping You Move Through Life
Pain-Free!

IS YOUR NECK PAIN INTERFERING WITH YOUR LIFE?

Do you notice yourself rubbing your neck after a difficult day on the job? Do you find the more your neck hurts, the more your head hurts too?

Dealing with pain in your head and/or neck can negatively affect your personal life, your career, and more. At The Physical Therapy Institute, we understand how debilitating it can be, and we know how to help you manage your pain and get back to the life you enjoy!

The most common cause of neck or head pain is a muscle or joint problem. Working with a physical therapist can help you identify the cause of the trouble and begin taking steps to correct the issue, allowing you to find relief from the pain without using medication or other long-term pain management treatments.

Unlike pain medications that become less helpful the longer they are used, our physical therapists provide long-term relief from pain. We will help correct your joint or muscle limitations with targeted therapies like specific stretches, manual techniques, muscle strengthening techniques, and guided instructions that target your limits.

Call The Physical Therapy Institute today and schedule an appointment with our physical therapist. Find the relief you have been looking for!

UNDERSTANDING THE DIFFERENCE BETWEEN HEAD AND NECK PAIN

Not all neck or head pain is the same, so understanding the basics of what you're dealing with is the first step to achieving relief.

HEAD PAIN

There are many different types of headaches that you may experience, and there are various causes for each of them. For example, migraines can be caused by environmental factors, food allergies, or even stress. Some headaches can develop due to sinus pain and some headaches will develop when you are dehydrated.

These headaches require a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work. One of the most common causes of headaches that are easily treatable with physical therapy is radiating headaches caused by stress in the joints and muscles of the neck. This type of pain radiates from the base of your skull into the top of the head. For some, the pain will radiate behind one eye. These types of headaches also often include stiffness in the upper back and are often one-sided.

Visit Us Online www.physicaltherapyinstitute.com or Call [724-503-6993](tel:724-503-6993) Today!

UNDERSTANDING THE DIFFERENCE BETWEEN HEAD AND NECK PAIN

NECK PAIN

Pain that develops in the neck is typically due to a soft tissue sprain/strain or changes to the joint itself. 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, your experience of neck pain is something you are dealing with daily.

Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments) or negative changes to our blood flow—the muscles of our neck function at their best when we move them. So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck.

As we age, the neck joints, like all joints, will degenerate and make us more vulnerable to different forms of neck pain. Degenerative changes make us more susceptible to disc herniations, narrowing the space around the nerve root and significant restrictions in the ability to move.

Cervical degeneration can cause tension and pain in the neck and shoulders. This pain is generally worse in the morning, after being prolonged, and often at the end of the day. The biggest problem posed by cervical degeneration is the loss of motion in the neck, which increases the limitations in your daily life because you cannot utilize your neck in the way you usually could.

HOW PHYSICAL THERAPY CAN HELP

The majority of head and neck pain can be treated with physical therapy. Working with a physical therapist is safe to ensure that you are practicing positive techniques to find relief from your aches and pains.

At The Physical Therapy Institute, our physical therapists can target the source of your pain by examining your



symptoms. Then, they will provide you with exercises that stretch and/or relax your neck muscles. In some cases, manual techniques, including mobilizations or therapeutic massage, are used to alleviate your pain and allow you to tolerate stretching.

We know how to help your head and neck pain and can teach you so you can get back to the life you enjoy!

CONTACT US FOR AN APPOINTMENT

If you're struggling with recurring headaches and neck pain, call The Physical Therapy Institute 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/>



Washington	724.527.4264
Apollo	724.306.6951
Elizabethtown	717.500.3411
Greensburg Ortho & Sports	724.395.7523
Irwin	724.395.7701
White Oak	412.517.7842
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Mount Pleasant	724.481.5595
Penn Hills	412.754.7855
Warrendale	724.948.1672
Burgettstown	724.560.3840
Monaca	724.564.6518

NO DOCTOR'S PRESCRIPTION NEEDED!

In the state of Pennsylvania you have direct access to physical therapy.

Visit Us Online www.physicaltherapyinstitute.com or Call **724-503-6993** Today!

FREE IN-PERSON WORKSHOPS

www.physicaltherapyinstitute.com/workshops/

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries. To register for the workshops, follow the link above! To learn more about the workshops, please call 724-503-6993 or email jwatkins@pt-institute.com.

RSVP TODAY!
FREE KNEE, LOW BACK, &
SHOULDER PAIN WORKSHOPS

PATIENT SUCCESS SPOTLIGHT



"After being diagnosed by our PCP as needing vestibular stimulation for vertigo, and being referred to a PT that couldn't take us for 3 weeks and then finding out the day before our appointment that they didn't take our insurance, I found the PT Group through Google. They took our insurance and gave us an appointment for 2 days later. The therapist and office manager were very kind and accommodating. The therapy worked after 2 visits!" — S.A.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

 **REVIEWS**

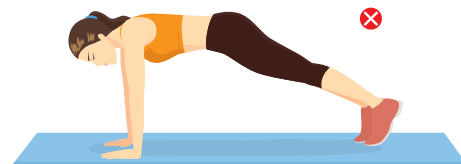
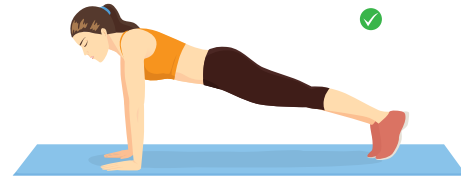
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EXERCISE ESSENTIALS

HIGH PLANK

Perform high planks by getting on all fours and placing your hands directly beneath your shoulders. Straighten your legs to lift your knees off of the floor. Keep your neck in a neutral position as you hold yourself up on your hands and toes. Keep your upper body and lower body in a straight line. Hold for 30 seconds and repeat twice.



HEALTHY RECIPE

COWBOY CAVIAR



Ingredients:

- 1 15-oz. can black eyed peas, drained and rinsed
- 1 15-oz. can black beans, drained and rinsed
- 1 1/2 c. diced roma tomatoes
- 1 jalapeño pepper, chopped
- 1 yellow bell pepper, chopped
- 1/2 c. red onion, chopped
- 1/4 c. chopped cilantro
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. seasoned salt
- 1/2 tsp. ground cumin
- 1/2 tsp. ground black pepper
- Tortilla chips, to serve

Directions: In a large mixing bowl, combine the black-eyed peas, black beans, tomato, bell pepper, red onion, jalapeño, cilantro, olive oil, vinegar, Worcestershire sauce, seasoned salt, cumin, and black pepper. Mix well to combine. Serve with tortilla chips.



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