

DO NOT LET STRESS BE A PAIN IN THE NECK



INSIDE:

JUNE 2023

WHAT IS
CAUSING MY
NECK PAIN?

HEALTHY
RECIPE

PATIENT
SUCCESS



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- What Is Causing My Neck Pain?
- Healthy Recipe
- Patient Success

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HEALTHY RECIPE



Watermelon Cucumber Lime Refresher

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced

Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

Are you constantly feeling a nagging pain in your neck and shoulders? Have you wondered if stress could be one of the reasons behind it? At McCabe and Brady Physical Therapy, we understand stress's impact on your physical well-being.

During times of high stress or anxiety, our body goes into a fight or flight response keeping us on high alert. As a result, our brain releases stress or excitatory chemicals causing our nerves to fire, which in turn, causes our muscles to tense up, leading to more pressure and pain in the neck and upper back. This pain and tension can interfere with our ability to work, perform daily activities, and participate in recreational endeavors.

The good news is that with guidance from our McKenzie trained physical therapists, you can find solutions to your pain and learn how to manage your stress, so you can get back to living the life you enjoy!

Call McCabe and Brady Physical Therapy today and learn how we can help you!

WHAT IS CAUSING MY NECK PAIN?

There are many factors that can contribute to neck pain. One of these factors is prolonged positions and forward head postures. Typically, our body, especially our neck, does not like to be held in any one position for extended periods, like when you're driving your car, looking down at your phone, or using a computer. These prolonged postures place a prolonged strain on our muscles, tendons, ligaments, and nerves and quite often contribute to our pain levels.

Prolonged sitting is one of the most common challenges of modern life. It is very common for people to notice they sit with poor posture and a forward head position. The reason this occurs

is because it is more energy efficient to assume a slouched forward head position allowing our ligaments to do the work than it is to use our muscles to hold us in good posture for hours on end. However, this forward head position results in increased tension on the soft tissues supporting the neck and negatively impacts our blood flow to these tissues.

The joints, ligaments, muscles and nerves of our neck function at their best when we move them. Motion is Lotion! Therefore, holding our heads in one position may lead to pain and the inability to move our head and neck. These symptoms can be compounded when we are under stress. According to recent research, individuals with higher stress levels reported increased neck pain compared to those who reported less stress levels. The reason for this is that stress on the body causes a release of stress hormones, including adrenaline and cortisol, that, when elevated for long durations, are associated with increased nerve excitement and pain sensitivity.

HOW PHYSICAL THERAPY CAN HELP MY NECK PAIN

The McKenzie specialists at McCabe and Brady Physical Therapy are here to help! We will provide thorough Mechanical Diagnostic Evaluation to determine the source of your neck pain. This includes posture correction. We will work with you to correct your posture, helping to alleviate strain on your neck and shoulders. One way to find good posture is to lift your breastbone toward the sky and arch your lower back. You may also find that placing a rolled-up towel in your lower back just above your belt line places your neck in a better position.

If you have realized that increased anxiety and stress increase your neck pain, we will provide you with pain education and explanations as to why there is

Continued inside

You Deserve A Stress Free Summer!

Continued from outside

a connection to your pain and stress levels. Using the knowledge that your pain may be worse due to a release of stress chemicals from the brain and not because your condition worsened can be key in helping you reduce your stress.

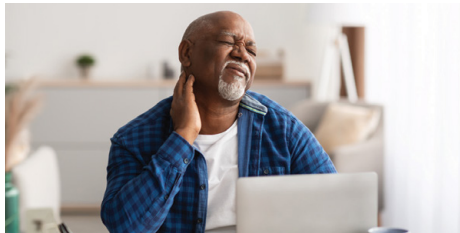
Our therapists will also provide specific Manual Therapy and Exercises, that were determined to be helpful from your evaluation, to relieve muscle tension and discomfort. We will design a personalized exercise program that targets the source of your pain. We will also provide you with the knowledge and skills necessary to keep your neck feeling better, prevent the pain from returning and ways to self-treat should you suffer a return of symptoms.

At McCabe and Brady Physical Therapy, we are committed to helping you find relief through our proven physical therapy treatments.

CONTACT OUR CLINIC TODAY

Stress still needs attention, even if your neck pain is caused by stress. We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more. Allow us to help you on your journey to recovery and better well-being.

Contact us today to schedule an appointment with our expert physical therapists!



SCHEDULE YOUR APPOINTMENT TODAY

At McCabe And Brady Physical Therapy, our therapists are dedicated to helping you live the active life you want, free of painful limitations! Call today for a comprehensive assessment and treatment program.



“

McCabe and Brady helped me get over a frustrating back injury. I worked with a number of PT specialists here and they were all great. They were really attentive to my situation and really helped me understand how to get better and most importantly to stay better by teaching me exercises to do on my own. -T.L.

”

We Want To Hear Your Success Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!

WARMINSTER



IVYLAND



NEW BRITAIN

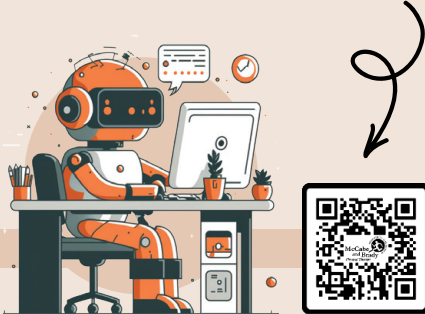


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Check Out Our Blog



Your health is an investment, not an expense! Scan the QR code to stay up to date on our health and wellness blog to learn more about how you can improve your quality of life through some quick and easy reads.



Staff Spotlight

Douglas Brady DPT, JD, Cert. MDT



Doug received his Doctorate in Physical Therapy from Neumann University, with undergraduate studies at Villanova University and graduate studies at Temple University. His practice encompasses all aspects of orthopaedic physical therapy. Doug specializes in evaluating and treating the spine and extremity joints with Mechanical Diagnosis and Therapy. He is certified in this method through the McKenzie

Institute International. In addition, Doug has developed a special focus on treating patients with balance disorders and those suffering from vertigo and dizziness. Doug is a member of the Vestibular Disorders Association.

4 Simple Tips For Summer

1. Get outside!

Make your way over to your local pool, peruse around nearby shops, or simply take a walk around the neighborhood to get out, get moving, and enjoy the weather

2. Rearrange your schedule.

Try taking a walk during your lunch break, going to the gym in the morning before making your commute, or even treating yourself to an exercise class a couple nights a week – you deserve it!

3. Get healthy for your summer team.

At McCabe and Brady Physical Therapy, we can evaluate you and assist you in getting your body ready for your specific sport! Contact us to find out how we can get you to your peak performance for your summer team.

4. Start something new!

Try taking up a new hobby that'll get you moving! There are several outdoor activities that'll allow you to take advantage of the warm weather, such as beach volleyball, running clubs, kayaking, rock climbing, or hiking. Any new physical hobby will help you get the exercise you need.



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

Warminster
215.774.6203

Ivyland
215.874.6561

New Britain
267.281.8039

Or request an appointment online at
mccabebradypt.com

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