



## TELL THAT STRESS TO GET OFF OF YOUR NECK!

Do you notice your neck seems to hurt more when you are stressed? Do you find yourself rubbing your neck after a difficult day on the job? You might be suffering from stress-related neck pain. During times of high stress and anxiety, our muscles tense up. As muscles tighten, the more pressure and pain they cause.

The pain and tension can interfere with our ability to work and do our daily activities. It can also interfere with the enjoyment of your life including recreational activities and spending time with friends and family.

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

Call MMA Sports Rehab today to learn how we can help you to keep living the kind of life you want with less pain.

### WHAT IS CAUSING MY NECK PAIN?

Our neck does not like to remain in any one position for extended periods, like when you're driving, looking down at your phone, or using a computer. Too often the posture we hold our neck is also contributing to our pain.

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 our

ability to move our head and neck. This loss of mobility leads to pain and less enjoyment of your daily activities.

### HOW DOES STRESS CAUSE NECK PAIN?

Stress-induced neck pain is fairly common. The effects of stress on the body include the release of stress hormones, including adrenaline and cortisol, that when elevated for long durations, are associated with increased pain sensitivity. The more stress we experience the more likely we will also experience pain.

While chronic stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems. Modern offices confine people to chairs, poor posture, and little mobility.

In addition, a lot of people also spend a lot of time driving with poor posture and added stress due to traffic and road rage. The combination of all of these factors makes your chances of stress-related neck pain higher.

### HOW PHYSICAL THERAPY CAN HELP MY NECK PAIN

Neck pain can be alleviated with physical therapy. Neck pain is often caused by

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### Article Continued

poor postural habits or sustained positions. Relief of this pain typically occurs immediately following the correction of the abnormal postures. An easy way to find good posture is to imagine your breast bone is lifted towards the sky. This will naturally cause your spine to straighten out – lifting you. This helps alleviate the tension immediately and is something you can do multiple times a day!

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles.

For example, sit in a chair with your back resting against the back of the chair and simply lean your chest and shoulder back (i.e. over the top of the backrest). Keep your eyes forward and lean straight back. This is called a neck retraction and is very effective at alleviating tension!

In some cases, manual techniques including mobilizations or therapeutic massage are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various stress reduction strategies to ensure healthy life behavior.

### CONTACT OUR CLINIC TODAY

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. We offer the results you are looking for!

#### Sources

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2270377/>

<https://pubmed.ncbi.nlm.nih.gov/30969542/>

<https://pubmed.ncbi.nlm.nih.gov/28972599/>

## Healthy Recipe



### SPRING ASPARAGUS RISOTTO

#### INGREDIENTS

- 4 cups (1-inch) sliced asparagus
- 3 cups fat-free, low-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

#### DIRECTIONS

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.

WE ARE HERE FOR YOU!



CALL  
US  
TODAY

703-289-0388

Virginia is a Direct Access state, you do not need a referral to see PT, just call us for a consultation. We can help you!

# Patient Testimonial

## 5-Star Review on Google

Extremely happy with the support and results with MMA & Sports Rehab. I went in with a chronic back issue that was impacting my every day life and hampering my martial arts training. The staff was able to diagnose the problem and set me up with a regimen that made a dramatic difference. My pain and discomfort have been almost entirely eliminated. Can't recommend them enough for anyone in need of physical therapy.



## WE WANT TO HEAR YOUR SUCCESS STORY!

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

★ REVIEWS



# Clinic News



Dr. Ujjwal is attending PTBizCon 2023 in Charlotte, NC. Meeting Dr. Greg Todd ( the legend himself). Excited to meet and learn from all leaders!



We had great time learning about pelvic floor rehab # pelvic floor seminar at mma and sports rehab - taught by Foundations Physical Therapy & pelvic floor health.

Start Feeling Better Now  
**Call Today 703-289-0388**

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