



# Is Stress Causing Your Neck Pain?

## **ALSO INSIDE:**

How Physical Therapy Can Help Your Neck Pain • Dry Needling And Electric Dry Needling • Patient Success Spotlight • Staff Spotlight • Exercise Essentials



## 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 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.

### How Physical Therapy Can Help My Neck Pain

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activity 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, 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.

***Are you ready to live free from neck pain? Then talk to one of our physical therapy specialists today. Contact us today for a consultation at 617-376-3232! We will help you return to a pain-free and active lifestyle!***



# 壓力是否導致您的頸部疼痛？

感到頸部疼痛嗎？您可能正在遭受與壓力相關的疼痛——亦稱為緊張性頭痛。人在焦慮時，肌肉會繃緊。隨著肌肉收緊，背部、肩部和頸部會受到影響。它們造成的壓力越大，您越感到不舒服。我們來詳細瞭解一下與壓力相關的頸部疼痛。

## 頸部疼痛是壓力導致的嗎？

腦袋保持一個姿勢時（如開車或使用電腦）疼痛加劇，則為頸部疼痛。儘管頸部疼痛具有很多症狀，但据梅奧診所（Mayo Clinic）報告，其主要症狀為：

- 肌肉緊繃和痙攣
- 頭痛
- 頭部活動能力下降

壓力誘發的頸部疼痛並不罕見，而且并非心理性疼痛。許多專家認為，壓力誘發的頸部疼痛是物理因素——即低度但持續的斜方肌活動導致的。如果頸部疼痛始於肩膀底部並向上傳導，則可能與壓力相關。

## 壓力相關頸部疼痛的原因

儘管壓力本身會引發頸部疼痛，但一些因素可導致疼痛加劇。辦公環境往往會造成頸部疼痛問題——因為容易讓人久坐、保持不良姿勢並且缺乏運動。經常開車也會增加與壓力相關的頸部疼痛發生的可能性。

美國國立醫學圖書館（The U.S. National Library of Medicine）建議，如果您患有頸部疼痛，應求助於專業人士。即使疼痛由壓力導致，頸部疼痛如果不加治療，以後可能會出現肌肉痙攣、關節炎、椎間盤脫出，甚至脊神經開口變窄。

幸運的是，頸部疼痛可透過理療緩解。因為頸部疼痛意味著“不能活動”。求助於專業人士之前，應盡量減少頸部運動。有時候，只需讓頸部肌肉放鬆即可。有時候，這種疼痛常常是由於活動導致的，透過進行不同的活動可以治愈。

如果疼痛在兩個星期內不見好轉，應求助於專業人士。理療師可透過檢查症狀，確定疼痛的根源。然後，他們會提供舒展、屈伸和放鬆頸部肌肉的鍛煉。一段時間後，頸部將變得更具彈性，為您帶來應有的舒適感。如果考慮進行康復治療，量身定制的頸部鍛煉將確保頸部保持鬆弛、柔軟和健康。

如果您正在遭受頸部疼痛，則您不必獨自面對。請馬上致電我們的辦公室，安排進行評估。您的頸部疼痛即使是由於壓力導致，也應引起注意。我們將與您並肩努力，制定必要的積極、有效計劃，以便您再次獲得自由活動的能力。



Dry needling is a technique physical therapists use (where allowed by state law) to treat myofascial pain. The technique uses a “dry” needle, one without medication or injection, inserted through the skin into areas of the muscle, known as trigger points.

Some dry needling techniques treat a broader landscape of the central nervous system. This is called non-trigger point treatment. Instead of inserting needles only in the area of pain, the practitioner may instead insert needles in areas around but not directly on the point of pain. This technique relies on the idea that pain is the result of a greater nerve or muscular issue, not a focused one only in the main area of pain.

Physical therapists use dry needling with the

goal of releasing or inactivating trigger points to relieve pain or improve range of motion. Preliminary research supports that dry needling improves pain control, reduces muscle tension, and normalizes dysfunctions of the motor end plates, the sites at which nerve impulses are transmitted to muscles. This can help speed up the patient’s return to active rehabilitation. Dry needling may provide relief for some muscular pain and stiffness. In addition, easing the trigger points may improve flexibility and increase range of motion. That’s why this method is often used to treat sports injuries, muscle pain, and even fibromyalgia pain.

**Congratulations to Dr. Dave Bacani for getting his certification in Dry Needling!**



## Gregory Cantrell, PTA

Gregory received his Physical Therapist Assistant degree from North Shore Community College in Danvers, MA. He has clinical experiences interning at Anna Jacques Hospital, Spaulding Rehabilitation Hospital, Orthosportsmed, and Charles V Hogan Rehab for the developmentally disabled.

Gregory bases most of his treatments around postural reeducation to assist with current injuries but also to prevent future injuries. He enjoys working with athletes and has experience working with athletes ranging from the grade school level to the Olympic level. Gregory has been practicing since 2014 and has acquired extensive experience working with post surgical cases, developmental issues, and common injuries alike. He firmly believes the greatest treatment he can provide includes education for his patients to take with them in order to care for themselves going forward.

## Patient Success Spotlight

*“I went to physical therapy after shoulder repair surgery was recommended by my doctor. My experience was awesome. I had at-home therapy via Zoom and it was very helpful in the beginning. However, after a few weeks, I did need in-person treatment so that Dave could correct my mistakes with hands-on therapy.*

*My life has improved for the better since receiving treatment. I can work better and I feel like I am back to full-function.*

*The staff at Soleil are awesome— professional, nice, and dedicated. The staff here truly cares, and it is clearly a ‘Patient First’ practice. I was never rushed. Dave and Ron are great. I plan to be back when I break or tear something again. Thanks!!” — James Hahn*

## Exercise Essentials Relieve Pain In Minutes!



### CERVICAL RETRACTION

Sit in a chair with good posture and your feet flat on the floor. Press your fingers into your chin until you feel a stretch in the back of your neck. Hold for 15 seconds and repeat 3 times.

