



INSIDE

Photos from the APTA Conference in Boston!

How to Find Relief for RADIATING NECK PAIN AND HEADACHES

Do you have neck pain that seems to trigger headaches? Have you noticed that the worse your headaches are, the stiffer your neck and upper back get? At Soleil Physical Therapy, our therapists will help you figure out the connection between headaches and neck pain, and more importantly, how to find relief!

Neck pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge. Making it through a day sitting at a desk becomes a nightmare. Carrying groceries or attempting to pick up your child when they are upset becomes impossible to do without pain.

Some of these tasks are more difficult to get around than others, and, depending on how the pain is impacting your life, the stress of having to go through extra steps to make basic things happen can get out of hand.

The good news is that with guidance from our physical therapists, you can find solutions to your pain and find

out how to manage your headaches. Call Soleil Physical Therapy today to learn how to help you live the life you want, with less pain!

What Causes Radiating Neck Pain and Headaches?

Neck pain is one of those types of pain that is difficult to work around. Neck pain will frequently radiate up into the base of your skull and into your head. Once neck pain begins to turn into headaches, attempting to concentrate becomes exceedingly difficult.

There are a large number of culprits that could be behind your experience of neck pain, including accidents, such as a car accident or a slip-and-fall accident. 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.

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 pinched nerve.

When neck pain develops due to a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine-like headaches. The pinched nerve can radiate from the neck into the skull and can cause severe pain.

The cause of the issue isn't always as simple to identify. Working with a physical therapist at Soleil Physical Therapy can help to clarify the source of the pain and, more importantly, the solution.

How Physical Therapy Helps Radiating Neck Pain and Headaches

The good news is that there is a lot you can do to support the healthy operation of your neck, thereby reducing the severity or frequency of your neck pain.

During physical therapy, your neck pain will be addressed holistically, taking into consideration the initial injury that may have caused the pain to develop and any other habits, movements, or compensations that may contribute to the discomfort.

Physical therapy uses strategies like manual therapy, targeted stretching, and strengthening exercises to reduce neck pain. Most of these strategies can be adopted as a home program to help you address your neck pain when it's bothering you the most.



Adopting healthier habits can have a significant impact on your management of neck pain. These include:

- Practicing improved posture
- Using lumbar support in your desk chair and car
- Exercising regularly
- Engaging in yoga or Pilates

One of the primary goals of physical therapy is to address whole-body well-being by encouraging improved overall health. In many situations, this includes improved flexibility and range-of-motion training, muscle building and strength training, and activities that reduce your stress, including walks or meditation.

The best way to be free of neck pain is to prevent it from developing. The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. The intelligent thing to do is to consult a physical therapist as soon as possible!

Contact Us for an Appointment

If you're struggling with recurring headaches and neck pain, call Soleil Physical Therapy today for a comprehensive assessment. We're here to help you 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/>

SUFFERING FROM JAW PAIN?

Learn more about TMD in this video and how physical therapy can help you find relief!

Click to watch Dave's video!



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AMERICAN PHYSICAL THERAPY ASSOCIATION (APTA) ANNUAL COMBINED SECTIONS MEETING 2024

Here we are in Boston, reconnecting with old friends and making some new ones. The event was inspiring and informative.



STAFF SPOTLIGHT

Dave Bacani, PT, DPT, MSPT, MTC,
Cert. DN Clinical Director

Dave serves as the Clinical Director of Physical Therapy at Soleil Physical Therapy and Wellness at Quincy Center and our sister clinic Quantum Physical Therapy in Boston. Dave received his Doctorate of Physical Therapy (DPT) with a focus on musculoskeletal disorders from the Evidence in Motion Institute of Health Professions (EIM) in 2018. Dave received his Bachelor in Health Sciences in 1999 and Master of Science in Physical Therapy in 2001 from Boston University College of Health and Rehabilitation Services: Sargent College. Dave is also a Certified Manual Therapist (MTC). Dave is certified in Dry Needling (Cert. DN) and received extensive training

in spinal manipulation through the Spinal Manipulation Institute of the American Academy of Manipulative Therapy. Dave also received his certification (STMT-1) in Instrument Assisted Soft Tissue Mobilization (IASTM). Dave is a member of the American Physical Therapy Association (APTA) and the APTA's Orthopaedic Section. Dave believes in utilizing an eclectic approach to physical therapy within an evidence-based framework. Dave emphasizes using the biopsychosocial model in the treatment of chronic pain, promoting active treatment while incorporating various forms of neuromuscular and myofascial tissue manipulation including Active Release Technique (ART), IASTM, Dry Needling and Electric Dry Needling and kinesiology taping when appropriate.

Dave is a health and fitness enthusiast with an interest in the treatment of Diabetes and weight management. He enjoys many outdoor activities including snowboarding, stand-up paddleboarding, hiking, fishing, and mountain biking. He is an avid Mixed Martial Arts fan and travel enthusiast. Dave also has a passion for languages and can evaluate and treat in Spanish.

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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!



Call today to schedule an appointment!

(617) 644-4522



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Therapy Hours:

Monday - Friday: 8 AM - 7 PM
Saturday: 8 AM - 4 PM