



NATURAL RELIEF FOR
NECK PAIN AND STRESS

www.TherapyWestPT.com



SCAN ME



Do you need neck pain relief?
Give us a call or visit www.TherapyWestPT.com today!

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.

[Book An Appointment Today!](#)

How Physical Therapy Can Help Neck Pain

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activities 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 or visit www.TherapyWestPT.com and schedule an assessment. We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more.

Sources

<https://www.spine-health.com/blog/how-relieve-neck-pain-caused-stress> <https://www.everydayhealth.com/neck-pain/neck-pain-reduce-stress.aspx> <https://www.ncbi.nlm.nih.gov/pubmed/health/PUBMED0027055/> <https://medlineplus.gov/ency/patientinstructions/000802.htm> <https://newsnetwork.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-time/> <https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>



"I didn't realize I could come to physical therapy without a doctor's referral, until I learned otherwise. While being treated for plantar fasciitis, Dr. Elgen began working on my neck for help with headaches. I've struggled with headaches for so long! I was surprised to find another option for relief through physical therapy. Derek is so awesome! He works hard to find the right solution. If what he's doing doesn't provide the relief I need, he does his homework and looks for more solutions. He is personable, well educated on the most up-to-date treatments and technology and has helped me believe I can live my best, most active life -- even at 45! I cannot say enough good about Derek and all the amazing staff at Therapy West."

KariLyn C.



Meet the Team!

Karen Eisenbrandt is a PTA and has been with Therapy West for 23 years. She is incredibly compassionate, caring and loves helping her patients regain their mobility and function.

Karen has been married to her loving husband Gene for 44 years. They have 3 children and 12 grandchildren. She enjoys camping, playing games and getting together with her family as much as possible. Her favorite thing to do is to sew and create Halloween costumes for her grandchildren. She also enjoys crocheting and crafts.

Karen is a great therapist and employee. She works hard, is compassionate, smart and good to the core. I think of her as a perfect blend between Mother Teresa and Arnold Schwarzenegger. Thank you Karen for all you do!

Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison
435.528.7575

Ephraim
435.283.6334

Mount Pleasant
435.462.0178

Richfield
435.896.4282

Bicknell
435.425.3719



How EMG's Help Back & Neck Pain



There are many different conditions that an EMG can help, including muscle inflammation, ALS, and disc herniation. EMG's detect abnormal electrical activity and muscle function, so if you're experiencing pain in your neck, one of these tests would determine the exact reason why. During your appointment, your physical therapist will insert fine needles through your skin into a muscle to measure the speed of nerve conduction. This will determine whether those nerves are functioning normally. According to Spine-Health, "After three weeks of pressure on a nerve root, the muscle the nerve goes to will begin to spontaneously contract. Compression of a nerve will also slow electrical conduction along that nerve. EMG's are useful to distinguish nerve degeneration (neuropathy) from nerve root compression (radiculopathy)."

EMG's & Physical Therapy Treatment

If you are experiencing neck and back pain, an EMG will be able to assess whether or not your condition is directly related to a pinched nerve. When performed on the affected area in your neck or back, the test can provide valuable information that will assist your physical therapist in creating the most beneficial treatment plan for you.

Once the source of your pain is discovered, one of our physical therapists here at Therapy West Physical Therapy & Sports Medicine will work one on one with you to teach you targeted stretches and exercises to help alleviate your pain. Our ultimate goal is to speed up your recovery and teach you new ways to avoid dealing with the same neck or back pain condition again in the future. Your personalized physical therapy plan will include exercises that you can do at home and during your therapy session.

Median Nerve Glide



Start with your arm hanging down at your side with your elbows straight and your palm facing forward. Next, bend your wrist forward and back. Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer!