Anatomy Physiotherapy Clinic

N E W S L E T T E R



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Is Stress To Blame For 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.

CALL US TO SCHEDULE AN APPOINTMENT TODAY!



How Physiotherapy Can Help My Neck Pain

Neck pain can almost always be relieved through physiotherapy treatments. It is often caused by activity, but prolonged inactivity, such as sitting at your desk for hours on end can also cause your pain. Before you contact a professional, try reducing your neck movements. At times, simply letting your neck muscles relax is enough.

If you don't see relief within two weeks, contact a professional. Physiotherapists 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.

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Staff Spotlight

Tanya Plaoude, Registered Physiotherapist

Tanya completed her Master of Physiotherapy at the University of British Columbia, having previously obtained her Honours Bachelor of Biomedical Science with a minor in Psychology from the University of Ottawa. Since then, Tanya has pursued post-graduate certifications in Orthopedic Manual Therapy Level I, Mulligan Concept manual therapy techniques, concussion management, and IMS. Tanya has developed a deep appreciation for quality, individualized care that focuses on her clients and their goals, whether they are to return to sport or to daily life and work. She combines her manual therapy skills and knowledge of exercise science to develop comprehensive treatment programs to get her clients back on their feet as soon as possible. Tanya is also able to take French and Russian speaking clients. In her spare time, Tanya enjoys skiing, hiking, traveling, and kickboxing. She also holds a Diploma in Canine Rehabilitation to treat our four-legged friends.



Patient Success Spotlight

"I can't recommend this clinic enough! I have seen many physios over the years for different injuries and this is the first time I have gotten results almost instantly. Kamil is incredible and his treatments are so effective. Everyone that works here is so friendly, the clinic is spotless and the physiotherapist really knows what they are doing and truly cares about their patients. Thank you so much. I will send everyone I know to see you guys!! Best physio clinic in Ottawa by far!" ***– L.R.***



Squash & Lentil Stew

Healthy Recipe

Ingredients

- 2 medium shallots, sliced
- 1 tbsp. finely chopped fresh ginger
- 1 tbsp. vegetable oil
- 1 tsp. ground coriander
- 1/2 tsp. ground cardamom
- 1 butternut squash, peeled/seeded & cut into chunks
- 1 lb. green lentils
- 6 c. chicken or vegetable broth
- 5 c. packed baby spinach
- 1 tbsp. cider vinegar

Instructions

In a pressure-cooker pot on medium, cook shallots and ginger in oil for 5 minutes or until shallots are golden, stirring. Add coriander and cardamom; cook 1 minute, stirring. Add squash, lentils, broth and 1/4 teaspoon salt. Cover, lock and bring up to pressure on high. Reduce heat to medium-low. Cook 12 minutes. Release pressure by using the quick-release function. Stir in spinach, vinegar and 1/2 teaspoon each of salt and pepper.

Exercise Essentials

LEVATOR SCAPULAE STRETCH

Grasp your arm on the affected side and tilt your head downward into the armpit. Use your opposite hand to guide your head further into the stretch. Hold for 10 seconds and repeat 5 times.



Sudoku Puzzle

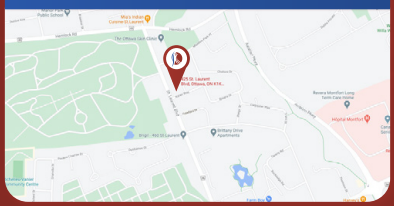
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NEW LOCATION!

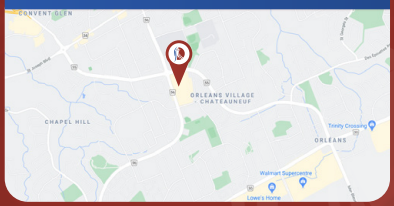
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Call us to schedule an appointment today!

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