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NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

FirstChoicePTNV.com



DOES STRESS CAUSE NECK PAIN?

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>

**FREE DOCTOR OF PHYSICAL
THERAPY CONSULT**

Details Inside >

**1-1 EXAMINATION
& PERSONALIZED
TREATMENT PLAN**



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775-254-8647

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NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

INSIDE:

How Physical Therapy Can Help My Neck Pain • Practice Update • Specialist Spotlight • Patient Success Story

MISSPELLED MANIA:

CALL IN & YOU COULD WIN A \$25 GIFT CARD TO SUPPORT A LOCAL BUSINESS AND A FREE BACK ON TRAC SESSION!

Does Stress Cause Neck Pain?

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 First Choice Physical Therapy 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 your ability to move your 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.

Call Today and Schedule Your Next Visit!

775-254-8647



How Physical Therapy Can Help My Neck Pain

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

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PRACTICE UPDATE: OUR POOL IS COMPLETE!

OUR THERAPY POOL IS COMPLETE!

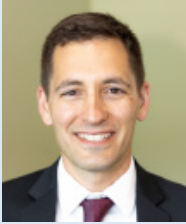
We are so excited to announce that our pool is complete and that we are now taking appointments for this state-of-the-art therapy service to the people of Elko County!

Let's say goodbye to your pain TOGETHER! Call us today!



FIRST 10 CALLERS GET A FREE POOL CONSULTATION! CALL 775-254-8647 TODAY!

CHRISTOPHER D JOYCE, MD ORTHOPAEDIC SURGEON



Dr. Joyce is a fellowship trained orthopaedic surgeon that specializes in shoulder and elbow surgery. He completed his orthopaedic surgery residency at University of Colorado and did an additional year of shoulder and elbow fellowship training at the Rothman Institute in Philadelphia. He previously worked at a private practice in Colorado prior to

joining the University of Utah.

Dr. Joyce treats all conditions of the shoulder and elbow. He specializes in open and minimally invasive arthroscopic treatments for arthritis, rotator cuff and other tendon injuries, overuse disorders, instability, and fracture care. He has a particular interest in caring for patients with complex problems that involve failed previous surgeries, bone or joint deformities, and irreparable tendon tears.

Shoulder:

- Shoulder arthritis
- Complex and revision shoulder surgery
- Rotator cuff tears
- Shoulder Instability
- Biceps tendon tears
- Pain after prior shoulder surgery
- Shoulder fractures

Elbow:

- Elbow arthritis
- Elbow fractures
- Elbow instability or ligament injuries
- Elbow tendinitis and tendon tears
- Pain after prior elbow surgery

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Most insurance plans accepted | Welcoming new patients

Farmington Health Center University Orthopaedic Center

801.213.3200
165 N University Ave
Farmington, UT 84025

801.587.7100
590 Wakara Way
Salt Lake City, UT 84108



HEALTH
UNIVERSITY OF UTAH

Spring Creek Location

"Excellent practice, innovative PTs, top notch equipment, compassionate and kind front desk staff!! I have worked with great PTs in big cities and this is by and far the best practice I've worked with and I'd send my family and friends here. Thank you, First Choice!!" — **Faye M.**

Elko Location

"Very friendly environment. The whole staff is very attentive. One of the best physical therapy experiences I've had. I would definitely recommend First Choice Physical Therapy in Elko, NV." — **Dana M.**



REDEEM THIS COUPON FOR A

**FREE PHYSICAL THERAPY
CONSULTATION**

For the first 10 people to call!



\$100 VALUE. CALL TODAY!

Contact the office closest to you to schedule!