



# Physical Therapy & Wellness

*The Newsletter About Caring for Your Health*



## GET RELIEF

FOR RADIATING NECK PAIN

AND HEADACHES

### ALSO INSIDE:

How to Manage Neck Pain • Exercise Essentials

Letter From Mike • Holiday Recipe • Stretch Your Brain!



## GET RELIEF

### FOR RADIATING NECK PAIN AND HEADACHES



If you really had to narrow down the frustrations that come with dealing with chronic pain, perhaps the single largest frustration would be having to deal with the pain day after day. Chronic pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge, as can sitting in a desk chair all day, or attempting to pick up your child when he or she is upset. Some of these tasks are more difficult to get around than are 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 really get out of hand.

Neck pain is one of those types of pain that is difficult to work around. Pain in the neck and back will frequently begin to radiate the longer it hangs around, and that could mean shooting pain up your neck and back, all the way into the base of your skull. Once neck pain begins to turn into headaches, attempting to concentrate at work can become exceedingly difficult.

#### WHAT CAUSES NECK PAIN?

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, as well as sporting injuries. The reason why neck pain frequently becomes so severe is due to the fact that blood vessels have to pass through your neck to reach the head.

A spasm in the neck muscles could lead to constricted

blood circulation, and therefore migraine headaches. What's worse, since the neck is connected to the spinal column and therefore connected to the nervous system, pain in the neck can quickly develop into tingling or numbness in the hands, arms and fingers, which can be uncomfortable and frustrating when you are going about daily tasks.

When neck pain develops as a result of a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine headaches. The pinched nerve can cause pain to radiate from the neck into the skull and can cause a disruption to typical nerve patterns. Working with a physical therapist can help you address pain caused by a pinched nerve, and therefore can reduce the severity of headaches that develop as a result of neck pain.

#### PHYSICAL THERAPY AND NECK PAIN

The good news is that there is actually a lot that you can do to support the healthy operation of your neck, thereby reducing the severity or frequency of your neck pain. Working with a physical therapist is the best way to address 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, but also any other habits, movements or compensations that may be contributing to the discomfort. Physical therapy takes advantage of strategies like massage, stretching and muscle

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# How to Manage Neck Pain

training to reduce neck pain, and many of these strategies can be adopted in part at home or on-the-go to help you address your neck pain when it is bothering you the most.

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

- Practicing improved posture
- Wearing recommended footwear
- Using lumbar support in your desk chair or car
- Moving strategically.
- Engaging in regular stretching, like your home exercise program

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 even in some cases, encouragement with cardiovascular activities and weight loss.

At the end of the day, the best way to be free of neck pain is to prevent neck pain from developing, and working with a physical therapist can help you in this regard, as well. The tasks that you do every day can build up over time and cause a lot of stress on your body, and the neck and shoulders are some of the most common places to carry that stress. You may not even realize the impact that simple tasks that you do every day have on your body and your experience of pain. Things like driving, lifting heavy objects

— like packages at the front door or even your groceries — and repetitive movements like hunching over a keyboard at work can all seriously impact your neck pain.

The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. If you experience an injury, the smart thing to do is to consult a physical therapist soon after the pain develops.

Source: <https://www.moveforwardpt.com/symptomsconditionsdetail.aspx?cid=8402b1d2-6580-41b2-b4ff-25a0cd6dac3a>

## CONTACT G3 PHYSICAL THERAPY...

We are equipped in providing specialized treatments and therapies for any pain or discomfort your arthritis may be causing you. To learn more about how our physical and occupational services can benefit you, and specifically how hand therapy can relieve your upper extremity arthritis, contact us today to schedule a consultation.

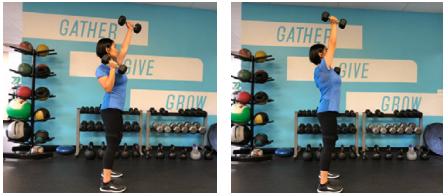
Our team will work closely with you to determine which course of treatment will be best for your specific needs. Get back to living your life comfortably by calling us today!

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit **[g3.life](https://g3.life)** to schedule your appointment today!

## Exercise Essentials

### Overhead Reach

*Do this exercise to strengthen and lengthen your shoulders and core*



Start with knees slightly bent and weights resting at shoulder height. Preload into legs and straighten legs as you reach towards ceiling. Alternate arms.

*Be careful to start this without weights and slowly progress. Ask one of our G3 physical therapists if you have any questions.*

## Healthy Recipe

### Ratatouille Dip



#### INGREDIENTS

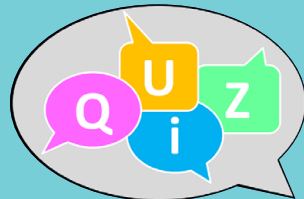
- 1 (14.5 ounce) can crushed tomatoes
- 1 small eggplant, cubed
- 1 small zucchini, cubed
- 1 small yellow squash, cubed
- 1 small red bell pepper, chopped
- 1 tbsp fresh thyme leaves
- ½ tsp garlic powder
- ½ tsp ground pepper
- ½ cup grated Parmesan
- 8 oz pita chips

#### INSTRUCTIONS

Stir together tomatoes, eggplant, zucchini, yellow squash, and bell pepper in a 4-quart slow cooker. Cover and cook on High for 1 hour. Stir in thyme, garlic powder, and ground pepper. Turn to Low and cook for 30 minutes more. Using a potato masher, crush the vegetable mixture to a chunky consistency. Stir in Parmesan. Stir occasionally while serving with pita chips.

# What's Happening At G3?

## Stretch Your Brain!



Get those answers in! The first to respond correctly wins a \$5 Starbucks Gift Card!

Email your answers to [info@g3.life](mailto:info@g3.life)

1. What are the two other most popular names for Santa Claus?
2. Elvis isn't going to have a white Christmas he's going to have a....?
3. What did the other reindeer not let Rudolph do because of his shiny red nose?
4. How many ghosts show up in A Christmas Carol?
5. The movie Miracle on 34th Street is based on a real-life department store. What is it?
6. In the song "Winter Wonderland," what do we call the snowman?

Answers to last month's trivia:

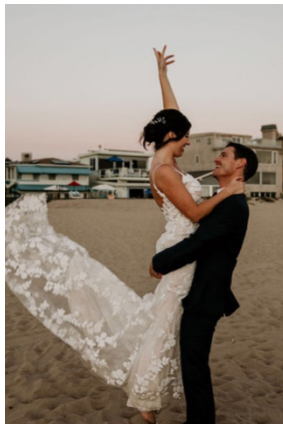
- 1) AB-Negative 2) Sodium 3) 5, 280 feet
- 4) Hawaii 5) Three 6) Neptune and Uranus
- 7) Strawberries 8) Dead Sea



## G3 Team Spotlight:

December 2020

We are celebrating the marriage of Monica May, an incredible physical therapist and member of the G3 team! Congratulations on your wedding day and we wish you and Ryan all the best in your life together!



HOLIDAY SPECIAL

## FREE 30-MINUTE MASSAGE

Use code **2021NEW**. This offer cannot be combined with any other offer and has no cash value.



PHYSICAL THERAPY  
WELLNESS CENTER  
WOMEN'S HEALTH

Offer expires 01/31/21

## THE SEASON OF GIVING

SOLUTIONS FOR CHANGE: ADOPT A FAMILY

We would like to thank our patients, clients, and staff for their generosity and donations to the two families. To learn more about the Solutions for Change Initiative visit [www.solutionsforchange.org](http://www.solutionsforchange.org)



## LETTER FROM MIKE & SANDRA

HAPPY HOLIDAYS FROM ALL OF US AT G3!

Wishing you a very happy, safe, and blissful Holiday Season and a happy, safe, and prosperous New Year!

We want to express our sincere gratitude that you have entrusted G3 with your physical therapy needs. I'm not sure we say thank you enough for the trust and confidence you place in all of us. It's humbling that you continue to turn to us to partner with you in helping to take care of your pain and return you to your best life. Especially with all of the challenges, uncertainties, and unknowns, we take your trust very seriously and are grateful for the opportunity to enhance the quality of your life.

Thank you from the bottom of our hearts.

**Mike & Sandra**