



# DOES STRESS CAUSE NECK PAIN?



## 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 iMove PT 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 our ability to move our head and neck. This loss of mobility leads to pain and less enjoyment of your daily activities.

Learn more at [imovephysicaltherapy.com](https://imovephysicaltherapy.com)

# WHAT DO MY SYMPTOMS MEAN?

It's your time to heal. Get started at [imovephysicaltherapy.com](https://www.imovephysicaltherapy.com)

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.

## 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 a 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 back of the chair 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!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2270377/> <https://pubmed.ncbi.nlm.nih.gov/30969542/> <https://pubmed.ncbi.nlm.nih.gov/28972599/>



## EXERCISE OF THE MONTH

### Cervical Retraction & Extension With Towel

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.

**Don't hesitate to reach out to us with any questions about how to perform this exercise.**



IMOVEPHYSICALTHERAPY.COM

**"With her incomparable therapy and guidance, I'm on an unstoppable path to success."**

"Thanks to Laura Wolters and her consistent efforts toward helping me with mobility, my pain levels are becoming more manageable. iMove PT therapy at home has been incredible, since physically leaving my home on a regular basis to attend therapy sessions is not possible. I am now able to walk from my front yard to my back yard several times now. I know it's been at least two years since I was able to do so. I'm so thankful for Laura and how she's helping me to once again become someone who is not just existing, but fully living and participating in life. She is truly the most amazing treasure. With her incomparable therapy and guidance, I'm on an unstoppable path to success." — J.S.

## OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before. We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



## PELVIC FLOOR PHYSICAL THERAPY

**is now offered at iMove PT Kansas City**

**We are now offering physical therapy for female pelvic floor conditions. These include:**

- Pelvic pain
- Urinary incontinence
- Overactive bladder
- Diastasis recti
- Pregnancy-related symptoms
- Postpartum recovery
- Pelvic organ prolapse

Have you noticed pain with intercourse or vaginal medical exams? Urine leakage with sneezing, coughing and laughing, increased frequency of urination, and difficulty holding it in for prolonged periods? These are just a few of the common symptoms of pelvic floor issues. Even experiencing abdominal and/or back pain or pelvic heaviness can indicate problems with the pelvic floor.



Pelvic floor physical therapy is a specialty & requires extra education. Dr. Megan Fields with iMove PT Kansas City has taken Herman and Wallace Pelvic Floor 1 and 2B courses to treat female conditions. Since graduating, Megan has spent a majority of her career treating female pelvic floor conditions, including urinary incontinence, pelvic pain, overactive bladder, diastasis recti, pregnancy-related conditions, and postpartum recovery. We are very excited that she will be bringing pelvic floor physical therapy to iMove PT Kansas City!

## GET STARTED TODAY

**We are here to help you.**

Scan the below QR code to get in contact with one of our caring professionals. We are here to help answer any questions or concerns you may have. We can help you get back to an active, pain-free lifestyle. Scan the QR code now!

