



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



What Is the Connection Between Neck Pain and Headaches?

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STAND TALL & LIVE PAIN FREE!

Are your headaches coming more frequently and lasting longer? Do you notice tension in the upper back and neck every time you get a headache? You may be experiencing a cervicogenic headache.

The good news is that our physical therapist can provide you with the guidance you need to resolve your headaches once and for all!

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents to stress and allergies, headaches happen to the best of us.

However, some headaches may be a bit more predictable than others. Factors like the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk for experiencing regular cervicogenic headaches because of the intricate network of nerves and muscles in your neck.

Our physical therapists are skilled at treating all types of headaches. Call First Colony Aquatic and Rehabilitation Center and Sports Therapy Center today and set up an appointment with one of our highly trained physical therapists!

HOW NECK PAIN LEADS TO HEADACHES

The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may begin to develop more frequently, and before you know it, you're dealing with neck pain everyday.

Sometimes what causes your neck pain is a bad habit that you don't think twice about, like watching TV at the end of a long day, keeping your neck at an odd angle as you enjoy your favorite show. Or maybe your headache/neck pain starts from your posture as you type at your desk every day hunched over.

We usually consider these poor habits to be harmless. . But the reality is that they could be putting undue stress on your neck, and if you aren't careful, this could translate to a headache.

One of the most common ways to trigger pain in your neck that radiates to the head is through strenuous exercise or other sports related injuries. The forces that occur while lifting something heavy or participating in a contact sport can be the beginning of a cervicogenic headache.

COME BACK TO PHYSICAL THERAPY | [SUGARLANDPT.COM](https://sugarlandpt.com)



STAND CORRECTED! HOW YOU CAN FIX YOUR POSTURE!

The cause of the issue isn't always as simple to identify. Getting a physical therapy assessment can help to clarify the source of the pain and more importantly, the solution.

WHY POSTURE IS SO IMPORTANT TO FEEL GOOD

Working with a physical therapist can help you identify whether or not your headaches may result from neck pain or strain. One of the most common causes of headaches due to neck pain is forward head posture. Forward head position means that when you are slouching!

A prolonged slouched posture leads to strain on the muscles, ligaments, and joints of your neck. Over time your body will start to alert you to this posture by sending pain signals. Typically you will adjust your posture for a minute and then resume the offensive position. Eventually, your body's alert system will get stronger and include discomfort at the base of your head. If you fail to take the warning, a full-blown cervicogenic headache will likely follow.

There are specific ways that you can tell if your posture is causing cervicogenic headaches, including:

- The pain in your neck/head is worse at the end of a workday.
- The pain starts in your neck and moves into your head.
- The pain subsides when you switch positions (i.e., moving from sitting to standing).
- Neck pain/headaches develop after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.

Working with a physical therapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.

HOW PHYSICAL THERAPY CAN HELP YOUR POSTURE

Our spine is designed to move, which means our posture should also move. At First Colony Aquatic and Rehabilitation Center and Sports Therapy Center, our physical therapist will guide you through a series

of stretches, postural corrections, and strength-building exercises that can help you begin training your body to practice better posture, thereby reducing your neck pain.

Stretching the muscles in your neck to alleviate neck strain can reduce the severity and regularity of your headaches. Stretching and strengthening the muscles that have grown tight and weak along the back of your neck and those along the shoulders can help you find relief from the tension that is causing your pain.

Understanding your ideal posture and how to manage it throughout your day can help you be proactive and find a solution for your sore neck. Learning specific exercises/movements on how to improve your posture is one of the most effective solutions. It seems small, but consistently it has been shown to help!

While you can try many simple activities at home, working with a physical therapist is the only way to ensure that what you are doing won't potentially lead to more significant injury.

CONTACT US FOR AN APPOINTMENT

If you're struggling with recurring headaches and neck pain, call First Colony Aquatic and Rehabilitation Center and Sports Therapy Center today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!

GET STARTED ON YOUR RECOVERY TODAY!
CALL SUGAR LAND AT **281.226.9802**
ROSENBERG AT **281.559.7429** OR
SPORTS THERAPY CENTER AT **281.980.2997**



FirstColonyAquatic
and Rehabilitation Center

STAFF SPOTLIGHT



Amber grew up in The Woodlands, TX playing basketball and swimming competitively. She received her Bachelor's in Healthcare Studies and played basketball at The University of Texas at Dallas, winning 2 conference championships with her team while there. She then went on to receive her Doctorate of Physical Therapy from the University of North Texas Health Science Center in 2022. In her spare time she still plays basketball, hikes, plays video games, and knows an unnecessary amount of random movie quotes.

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.

Good stretch if you sit at a computer all day



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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HEALTHY RECIPE

SALMON BURGER



INGREDIENTS

- 1 cup finely chopped red onion
- 1/4 cup thinly sliced fresh basil
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 pound salmon fillet
- 1 tbsp hot pepper sauce
- large egg white
- Cooking spray
- 8 slices focaccia, toasted

INSTRUCTIONS: Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine. Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness. Serve patties on toasted focaccia.

FREE NECK PAIN SCREENING

Has your neck pain come back? Have you been putting off dealing with your pain?

Visit SugarLandPT.com to read success stories, or start your success story by scheduling your free screening today! Or call one of our offices to get in touch with one of our specialists.

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