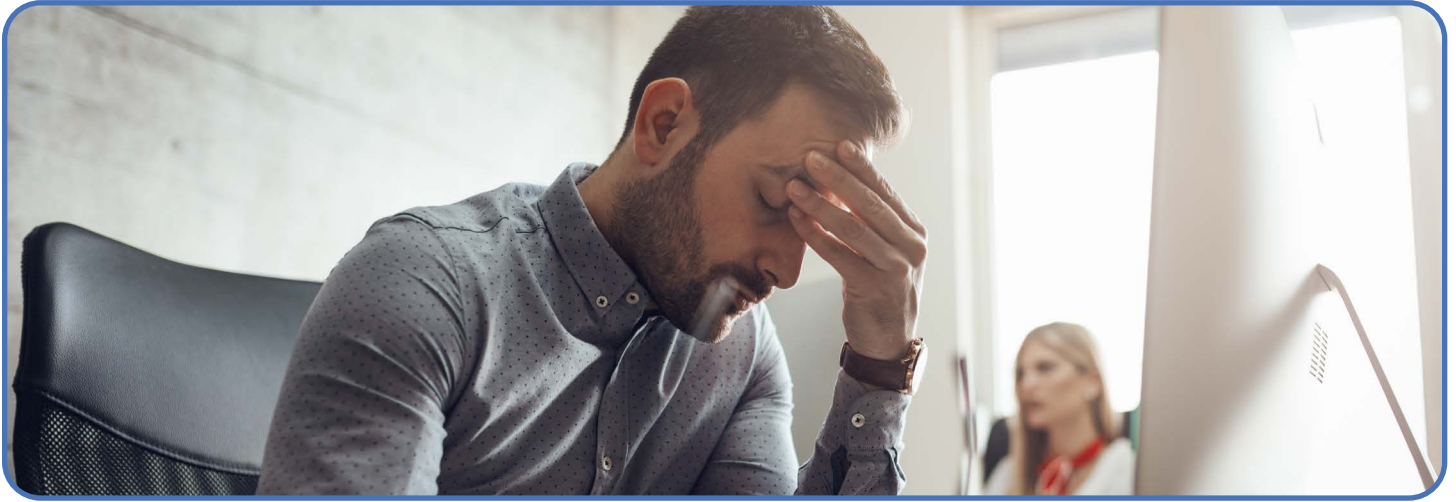




MEDICALLY ORIENTED GYM

PHYSICAL THERAPY

COLLABORATIVE PARTNERS



DOES STRESS **CAUSE** NECK PAIN?

Does stress cause neck pain? The short answer is no! At Trilogy Physical Therapy, we like to say "contributes to" instead of "cause." The casual way healthcare professionals throw around terms can lead to confusion and, worse still, ineffective treatment. Fortunately, our highly skilled therapists know how to dig deep and find the root cause of your neck pain, and this information helps you find relief!

Let's discuss Nicole, a 40-something-year-old working mother of three. Nicole was used to being very active, balancing her work schedule with getting her kids to all the various activities and school functions that come with being a mom nowadays.

Her neck pain first started as a crick in the neck when she woke up one morning. As the day progressed from driving her kids around to sitting at her desk, she noticed turning her head became more difficult and painful, making focusing on work nearly impossible. Nicole struggled to figure out why her neck started hurting and came to the conclusion that stress "must be" the culprit. The more pain and difficulty moving she had, the more convinced she was that stress was to blame.

Understanding Nicole's Neck Pain

One of the most common things we hear from our patients is that their pain started for "no apparent reason." Like Nicole, people will wake up with a crick in their neck or notice a stiffness turning when driving in the car. It is also common for people to notice tightness in their upper back and neck after a long day.

So, what is actually the source of the pain? In most cases, there is an issue with the neck joints or the neck muscles due to prolonged positions. Our neck joints don't like remaining in any position for extended periods. In Nicole's case, she first noticed her pain in the morning, which may have been related to her neck position while sleeping. It is also important to note that in Nicole's case, the first sign of any issue was in the morning when she woke up, unrelated to stress.

As Nicole's day progressed, her pain got worse. But this also was more likely related to how she held her neck while driving or sitting at her computer. In both cases, her posture, specifically how she held her neck, seems to have contributed to her pain.

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HOW WE CAN HELP ALLEVIATE NECK 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 best when we move them. So, holding her head in one position likely led to irritation of the muscles and affected her ability to move her neck, which in turn caused stress.

Stress “contributes” to neck pain because, when we experience stress, our bodies naturally respond by tensing up as a protective measure. This tension can lead to discomfort, particularly in the neck and upper back region.

Research studies have found that individuals with higher stress levels reported increased neck pain as compared to those with lower stress levels. This is why we say “contributes” to, but not the cause of, neck pain.

How We Can Help Alleviate Neck Pain

We will target the source of your pain by performing a thorough examination, starting with your medical history and details about how, when, and where your symptoms began.

As we saw with Nicole, determining how, when, and why the pain started helps us eliminate possibilities and get to the actual root cause(s).

Our therapists will also analyze your posture and movement to identify any limitations or restrictions contributing to your condition. We'll use this information to design a program that addresses your specific needs.

Our treatment plans focus on relieving your pain and improving your posture, mobility, strength, etc., educating you about managing your symptoms. Your program will likely include manual therapy (i.e., soft tissue work and/or joint mobilizations), targeted stretches, exercises, activity modification, or posture recommendations.

We'll listen to your unique situation and specific issues and then work to help you find relief and get back to your normal routine.



Book Your Appointment Today!

If you're dealing with neck pain or looking for someone to help you figure out what is causing your issues, call us today and set up a consultation!

Sources: <https://www.sciencedirect.com/science/article/pii/S1836955320301417?via%3Dihub> • <https://pubmed.ncbi.nlm.nih.gov/36180150/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2270377/> • <https://pubmed.ncbi.nlm.nih.gov/28972599/>

UPCOMING WORKSHOPS

KNEE PAIN

Mar. 5th @ 6:30 PM

At West Seneca

Mar. 26th @ 6 PM

At Kenmore

BALANCE

Mar. 28th @ 6 PM

At Clarence

SHOULDER PAIN

Mar. 13th @ 6 PM

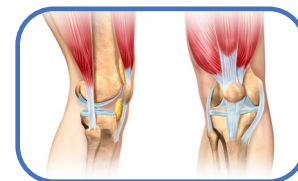
At Kenmore

Mar. 14th @ 6 PM

At Clarence

Mar. 19th @ 6:30 PM

At West Seneca



CLICK HERE TO RESERVE YOUR WORKSHOP SPOT

There is a limited number of spots available.

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Trilogy NEWSLETTER

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WELCOME, TIFFANI WOJCIK!



Tiffani is our newest Patient Liaison at our Grand Island location! Tiffani graduated from Niagara County Community College, earning dual Associate degrees in Business Administration and Applied Sciences. Over the past four years, she

has dedicated herself to honing her skills in the gym, strategically aligning them with her role at the front desk. Prior to her current position, Tiffani gained valuable experience at Millersport Small Animal Clinic, where she learned the art of providing support and assistance during challenging moments. Equipped with a wealth of knowledge and a commitment to personal and professional growth,

Tiffani is ready to guide you on your physical therapy journey and accompany you on the path to the MOG. Her dedication ensures that she is ready and eager to support not only you but also your loved ones throughout this process.

MARCH INTO MOG MADNESS!

For the month of March, we're encouraging everyone to use the gym as many days as possible! Every time you come in to exercise, make sure you scan in to get credit for your overall usage total for the month. At the end of each week, we will have a leaderboard with the top usage in each facility. If you work out more than once a day, no worries, we will count every time as long as it's a different session.

To wrap up the month the top 3 club users at each location will get a fun prize to celebrate! Time to march into greatness.



TOP 3 INDICATORS OF POOR NUTRITION



Have you been wondering about your nutrition levels? As we change and grow older, it's important to keep an eye on our health and adjust our lifestyles to maintain optimal levels of wellness. There are many indicators to watch out for regarding poor nutrition. The top 3 to look out for are as follows:

- 1. Increased levels of tiredness and fatigue** - Have you felt like you have less energy lately? If you're experiencing fatigue regularly, it could signal a lack of iron in your diet. Iron deficiencies can also lead to anemia.
- 2. Dry hair with lots of breakage** - Hair is made up of proteins. The better your diet is, the stronger your hair will be, and the less breakage you'll experience. If your hair is dry or brittle, it's a sure sign that your diet should be studied more closely.
- 3. Irritability and/or depression** - Have you been feeling unlike yourself lately? Are you easily annoyed, tired, or experiencing feelings of hopelessness? Having an insufficient intake of nutrients can cause your mental health to decline. If you haven't been eating regular meals, or you've been consuming a lot of caffeine as a meal replacement, (which it most certainly is not!) it can certainly affect your overall mood!

[CLICK HERE TO SCHEDULE YOUR NEXT APPOINTMENT WITH OUR TEAM](#)