



*Finding Relief for Your*

# **RADIATING NECK PAIN & HEADACHES**

Healthy Recipe: Zucchini  
Noodle "Pasta" Salad

Home Exercise  
for Neck Pain

Patient  
Success Story

**INSIDE:** • HEALTHY RECIPE: ZUCCHINI NOODLE "PASTA" SALAD • PATIENT SUCCESS STORY • HOME EXERCISE FOR NECK PAIN

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# RADIATING NECK PAIN & HEADACHES



## A MESSAGE FROM DR. CHRISTIAN, DPT

Headaches can be a very debilitating issue to deal with. There's nothing worse than a productive day being sidelined by waking up with a screaming headache. Chronic migraines are even worse; once you feel that searing pain, your only choice is to lay in bed with all of the lights off and hope the pain goes away sooner rather than later. Oftentimes, headaches arise from dysfunction at the neck. If there is a segment of the vertebrae within your neck that is moving too much or too little, this can cause severe headache pain. The good news is that most cases can be resolved with basic strengthening around the neck muscles or light mobilization techniques as directed by a trained Physical Therapist. The important thing is to seek professional assistance before the pain becomes debilitating. The

best offense is a good defense! Sometimes headaches and neck pain can progress to the point where you may feel numbness and tingling down the arms or the back of your shoulder blade. The reason that this can happen is from "crowding" around the nerves that arise from your neck. Our neck region has several important nerve roots that sit between each vertebra. Sometimes these nerves can become irritated from a lack of space or too much inflammation. This can lead to numbness and tingling down the upper body. Again, addressing the spacing issue through the hands of a skilled Physical Therapist can be very helpful to stop that persistent numbness and tingling. If you are tired of sleepless nights and severe pain, schedule an evaluation with one of our Physical Therapists today!

# HOW TO FIND RELIEF FOR RADIATING NECK PAIN & HEADACHES

Do you have neck pain that seems to trigger headaches? Have you noticed that the worse your headaches are, the stiffer your neck and upper back get? At Joint Restoration Center, our therapist will help you figure out the connection between headaches and neck pain, and more importantly, how to find relief!

Neck pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge. Making it through a day sitting at a desk becomes a nightmare. Carrying groceries or attempting to pick up your child when they are upset becomes impossible to do without pain.

Some of these tasks are more difficult to get around than 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 get out of hand. The good news is that with guidance from our physical therapists, you can find solutions to your pain and find out how to manage your headaches.

## WHAT CAUSES RADIATING NECK PAIN AND HEADACHES?

Neck pain is one of those types of pain that is difficult to work around. Neck pain will frequently radiate up into the base of your skull and into your head. Once neck pain begins to turn into headaches, attempting to concentrate becomes exceedingly difficult.

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. One of the most common ways to trigger pain in your neck that radiates to the head is through weightlifting or other sports-related injuries.

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 pinched nerve.

When neck pain develops due to a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine-like headaches. The pinched nerve can radiate from the neck into the skull and can cause severe pain.

The cause of the issue isn't always as simple to identify. Working with a physical therapist at Joint Restoration Center can help to clarify the source of the pain and, more importantly, the solution.

## HOW PHYSICAL THERAPY HELPS RADIATING NECK PAIN AND HEADACHES

The good news is that there is a lot you can do to support the healthy operation of your neck, thereby reducing the severity or frequency of your 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 and any other habits, movements, or compensations that may contribute to the discomfort.

Physical therapy uses strategies like manual therapy, targeted stretching, and strengthening exercises to reduce neck pain. Most of these strategies can be adopted as a home program to help you address your neck pain when it's bothering you the most.

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

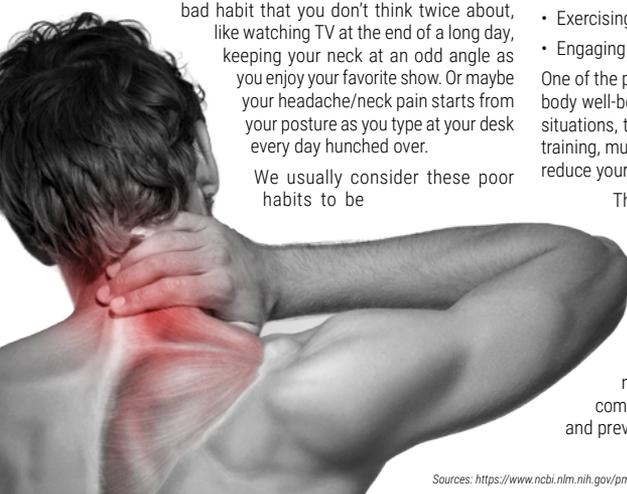
- Practicing improved posture
- Using lumbar support in your desk chair and car
- Exercising regularly
- Engaging in yoga or Pilates

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 activities that reduce your stress, including walks or meditation.

The best way to be free of neck pain is to prevent it from developing. The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. The intelligent thing to do is to consult a physical therapist as soon as possible!

## CONTACT US FOR AN APPOINTMENT

If you're struggling with recurring headaches and neck pain, call Joint Restoration Center today for a comprehensive assessment. We're here to help you alleviate and prevent your pain once and for all!



Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>

# AVOID KNEE REPLACEMENT *with our ARP*

The advanced Arthritis Relief Protocol™ (ARP) is a non-surgical, FDA-approved treatment for osteoarthritis pain that is covered by Medicare and most commercial insurances. It combines gel injections, physical therapy, bracing, and expert guidance. It is an excellent alternative to knee replacement surgery, helping to delay or even prevent the need for total knee replacement. The ARP combines these powerful techniques:

- **Viscosupplementation.** Gel-like substances are injected into a joint to supplement your natural synovial fluid, resulting in a 92.7% success rate in alleviating osteoarthritis pain.
- **Fluoroscopy.** We look inside your joints in real time, helping ensure the injection is in the correct location for the best results.
- **Physical Therapy.** We combine personalized PT programs with a cutting-edge unloading knee brace.

**FREE CONSULTATION.** Start your journey towards a pain-free life by contacting us today for a free, personalized knee evaluation!

Watch our **FREE WEBINAR** to learn more about the advanced Arthritis Relief Protocol. Scan the QR code to view.



## Healthy Recipe!

### ZUCCHINI NOODLE "PASTA" SALAD

- 5 tbsp extra-virgin olive oil
- 3 tbsp red-wine vinegar
- 2 tbsp chopped fresh oregano
- 2 tsp Dijon mustard
- ¼ tsp crushed red pepper
- 1 small shallot, chopped
- 1 clove garlic, grated
- 16 ounces spiralized zucchini noodles
- 3 cups halved cherry tomatoes
- ½ cup pitted Kalamata olives
- ¾ cup shaved Parmesan cheese, divided

Whisk oil, vinegar, oregano, mustard, crushed red pepper, shallot and garlic in a large bowl. Add zucchini noodles, tomatoes, olives and half the Parmesan; toss gently to coat. Divide evenly among 4 bowls; sprinkle with the remaining Parmesan.



## HOME EXERCISE

### CERVICAL RETRACTION AND EXTENSION WITH TOWEL

*Stretches Your Neck*

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.



Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.

**DON'T IGNORE YOUR PAIN. COME BACK TO JRC!**



## Patient Success Story

**"It was so easy to explain my situation to Christian! He listened to everything I said and made things very clear for me to understand! I enjoyed my visit."**

— Jenaya J.



**We want to hear YOUR success story!**

Leave a review for our practice and help us connect with the community! **Visit <https://Lead.me/bd9lrm> or scan the QR code to leave us a Google review!**



## Has Your Pain Returned?

**Call today to schedule an appointment!**

**918.205.2608**

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RESTORATION CENTER  
& PHYSICAL THERAPY

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