

NEWSLETTER

MARCH 2024



Kinect

PHYSIOTHERAPY



SCHEDULE
YOUR
APPOINTMENT

HAPPY
St Patrick's
DAY



CRACKING THE CODE: **STRESS VS. NECK PAIN**

INSIDE:

UNDERSTANDING
NICOLE'S NECK
PAIN

PATIENT
TESTIMONIAL

TEE UP FOR A
HEALTHY GOLF
SEASON

NEWSLETTER

MARCH 2024



Kinect

PHYSIOTHERAPY



CRACKING THE CODE: STRESS VS. NECK PAIN

Does stress cause neck pain? The short answer is no! At Kinect Physiotherapy, 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.

INSIDE:

- Understanding Nicole's Neck Pain
- Patient Testimonial
- Healthy Golf Tips

Irish Potato Bites



INGREDIENTS:

- 20 small red potatoes
- 1/2 cup corned beef
- 1/4 cup cheddar cheese, shredded
- 1 tbsp butter, melted
- 1/8 tsp Salt
- sour cream, (optional)

DIRECTIONS:

Fill a large pot with water and bring it to a boil. Add potatoes and boil until they are fork tender. Preheat oven to 400°F. Once potatoes are cooked and have cooled cut each one in half and cut a small slice off of the rounded end so the potato can sit up. Scoop out the inside of each potato half saving the potato insides in a bowl. Add cheese, corned beef, butter to the bowl with the saved potato insides. Salt mixture to taste. Also sprinkle some salt over the potato halves. Scoop mixture into potato halves and then place them on a baking sheet. Place baking sheet in oven for 10 minutes. Remove from oven and serve with a dollop of sour cream.

WAKE FOREST (919) 568-5035 • KNIGHTDALE (919) 759-6532

TEE UP FOR A HEALTHY GOLF SEASON

Continued from outside.

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. 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 PHYSICAL THERAPY 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.

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!

March marks the arrival of spring and the anticipation of a brand-new golf season. It's not just about dusting off your clubs but also about prepping your body for the game. Here are some effective tips to ensure you swing into the new season at your physical best.

- **Dynamic Warm-Up:** Replace traditional static stretching with dynamic warm-ups like leg swings, arm circles, and torso rotations to prepare your muscles and joints for the various movements in golf.
- **Balance and Coordination:** Golf requires a high level of balance and coordination. Our therapists can give you drills to enhance your stability, which in turn will improve your swing.
- **Soft Tissue Work:** Use foam rollers or a massage stick to work on your soft tissue. This helps muscle recovery and keeps you loose and limber, reducing the risk of strains or sprains.

By incorporating these cutting-edge tips into your preparation, you're setting yourself up for a healthier, more enjoyable golf season. May your drives be long and your putts be true!



VISIT [KINCTPTNC.COM](https://www.kinctptnc.com) FOR MORE INFO

STAFF SPOTLIGHT



R. MATTHEW COX, PT, DPT

Matt earned his BS in Exercise Science with a focus in sports medicine from the University of Cincinnati in 2011. After that, he completed his Doctorate of Physical Therapy at the University of St. Augustine Florida in 2014. Matt began his PT career as a travel therapist going from hospital to hospital treating patients all around the country. He settled in Raleigh and joined the Wake Forest Physical Therapy team in 2017. He is committed to providing patient-focused care and helping people achieve success in their rehabilitation.

Matt is level 2 certified in Trigger Point Dry Needling, and with his training from the University of St. Augustine, he is very well versed in manual joint mobilization to the spine and peripheral joints.

Refer A Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



PATIENT SUCCESS

"The staff is amazing. They all are professional and work hard to assist in resolving any medical problems I have."

I've been getting treatment at Kinect Physiotherapy since 2017. I've had 5 surgeries during this time on my both of my hips, left shoulder (two times) and my cervical spine. I highly recommend this facility. The staff is amazing. They all are professional and work hard to assist in resolving any medical problems I have. Leslie McPeters works tirelessly in helping me recover from surgeries. She listens patiently to my symptoms and then moves forward with a plan that ensures I meet my recovery goals. Leslie knows her job and I appreciate her efforts in all she does.

- LINDA P.

COME BACK TO PHYSIO

WHY YOU NEED TO COME BACK IN FOR A TUNE UP:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active healthy lifestyle



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

WAKE FOREST, NC
(919) 568-5035

KNIGHTDALE, NC
(919) 759-6532

