



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 our team you can find solutions to your pain and how to manage your stress, so you can get back to living the life you enjoy!

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.

How Does Stress Cause Neck Pain?

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.

Request your appointment online at [physiochirowellness.ca](https://www.physiochirowellness.ca) or call the clinic nearest you!

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ARTHRITIS AND COLD WEATHER

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 Our Team Approaches Relieving Your Neck Pain

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!

Our team 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, chiropractic, 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 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!

[Request an Appointment](#)

Do you notice that your arthritis becomes more painful in the winter? Does it become harder to go about your daily activities?

Arthritis can hinder many qualities of life — from work to hobbies to overall mobility. Some people are so affected by arthritis that they cannot work and have to go on disability. If you are suffering from the chronic pain of arthritis, or you think you might be, call PhysioChiroWellness to schedule a consultation with one of our therapists. Our team has safe, healthy, and effective ways to treat arthritic pain.

Although cold weather does not cause arthritis, it can aggravate existing aches and pains. According to the Arthritis Foundation, cold temperatures can increase pain sensitivity, slow blood circulation, and cause muscle spasms.

Luckily, there are some things you can do to help alleviate your arthritis symptoms in the winter, including:

- **Keep warm.** If the winter chill bothers your joints, the best antidote is to bundle up! Layer up with hats, gloves, and scarves. You could also take a warm bath to help your stiff joints.
- **Exercise.** When you're in pain, exercise might be the last thing on your mind. But did you know that getting active is the single most effective way to alleviate arthritis pain and keep your joints happy? Exercising can include anything from taking a yoga class to walking around your neighborhood.
- **Practice healthy eating habits.** Did you know that your diet can contribute to your levels of inflammation and, consequently, how much pain you're in? Opting for anti-inflammatory foods can significantly improve arthritis symptoms.

If you believe you need some extra help when it comes to pain relief this season, don't hesitate to contact PhysioChiroWellness. Our dedicated team can help you start feeling better, so you can focus on enjoying this winter with your loved ones.

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/>

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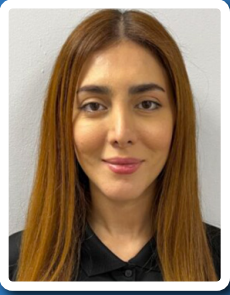
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Staff Spotlight

Afroz Shah

Physiotherapist Assistant



Afroz Shah is a dedicated and passionate Physiotherapist Assistant, whose enthusiasm for patient care is truly inspiring. With a strong commitment to improving the well-being of others, Afroz's journey into the world of physiotherapy has been marked by her unwavering dedication to making a positive impact.

Her multilingual abilities, with proficiency in English, Farsi, Urdu, and Hindi, have

allowed Afroz to connect with a diverse range of patients, ensuring they feel comfortable and heard during their rehabilitation process. She believes in the power of effective communication to establish trust and understanding with those in her care.

Afroz is not only a skilled healthcare professional but also a valuable team player. She recognizes the significance of collaboration in the healthcare field, working harmoniously with her colleagues to provide the best possible care for patients. Her dedication to being a part of a cohesive team is a testament to her genuine desire to achieve the best outcomes for those she serves.

A lifelong learner, Afroz is always eager to expand her knowledge and stay updated with the latest advancements in physiotherapy. Her insatiable curiosity and commitment to ongoing

professional development ensure that she can offer the most up-to-date and effective treatments to her patients.

Outside of her work, Afroz enjoys a range of interests. She finds solace in the pages of books, constantly seeking knowledge and inspiration from literature. Family and friends are central to her life, and she cherishes the moments spent in their company, creating lasting memories. Additionally, Afroz finds comfort in the soothing melodies of music, which she often turns to for relaxation and rejuvenation.

With her passion, devotion, multilingual skills, team spirit, and unwavering commitment to learning, Afroz Shah embodies the qualities of a caring and dedicated healthcare professional who goes above and beyond to make a positive impact on the lives of her patients.

EXERCISE ESSENTIALS

DEEP NECK FLEXOR ACTIVATION IN SUPINE

Increases the flexibility of the neck

Start by lying flat on your back with your head relaxed. Place your fingertips gently on the front of your neck and make sure you do not feel your surface muscles activating. Tuck your chin down toward your chest slowly without activating your surface neck muscles. Slowly untuck your chin. Repeat 3 sets, 10 reps each.



Always consult your physiotherapist before starting new exercises.

One of the best ways to help a local business succeed is by leaving a Google review — AND your story could lead someone to improve their life by seeking our help. Click below!

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PATIENT SUCCESS STORY

"This place is unique. It is nestled conveniently in the heart of Ajax, but on a peaceful side street that makes you forget that Bayly Street is close by. A warm and inviting environment and very clean with top-notch equipment and friendly staff. **This place is great for those who want to live a healthy lifestyle.**"

— Beverly J.



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