



NEWSLETTER

JANUARY 2022

WHAT'S INSIDE

NO MORE PAIN!

Find Lasting Relief For
Your Neck Pain!

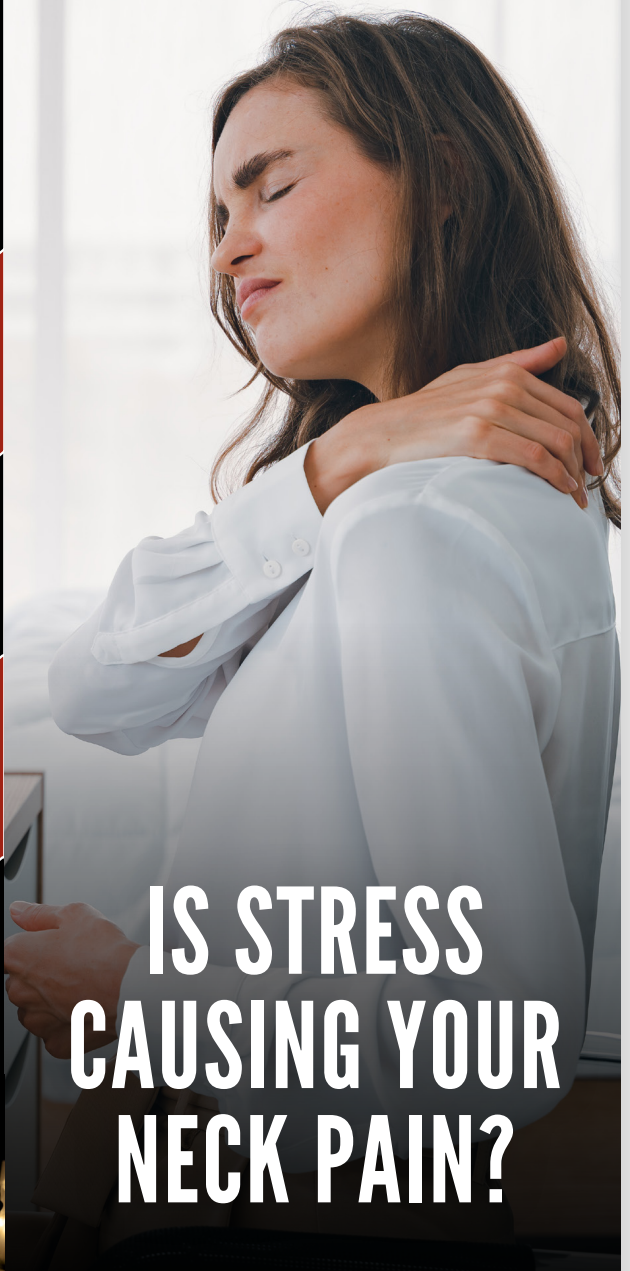
HEALTHY RECIPE

Try this delicious grab-
and-go breakfast!

STAFF SPOTLIGHT

Meet Yeojeong "Grace"
Kim PT, CLT

**NEW YEAR MEANS
A NEW YOU!**



IS STRESS CAUSING YOUR NECK PAIN?

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

Call Apex Physical Therapy today to learn how we can help you to keep living the kind of life you want with less pain.

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 your ability to move your 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.

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.



FIND LASTING RELIEF FOR YOUR NECK PAIN!

HOW PHYSICAL THERAPY CAN HELP MY NECK PAIN

Neck pain can be alleviated with physical therapy. 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 of day!

Physical therapists 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 rest 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 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 physical 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!

www.apexphysicaltherapyllc.com

*READY TO TAKE YOUR
HEALTH TO THE NEXT LEVEL?*

CALL US TODAY!

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(219) 525-4815

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WWW.APEXPHYSICALTHERAPYLLC.COM

STAFF SPOTLIGHT



YeoJeong "Grace" Kim PT, CLT

Yeo Jeong "Grace" Kim is a physical therapist who joined Apex in 2020. She earned her Physical Therapy degree from WonKwang Health Science University in South Korea and completed her USA transitional physical therapy education from the University of St. Augustine in Florida.

Grace has a special interest in orthopedic injuries, chronic pain, pelvic floor conditions, and cancer rehabilitation. She is certified in manual lymphedema drainage with comprehensive decongestive therapy for lymphedema and has completed the low back course in the McKenzie Method.

Grace uses a functional movement-oriented approach to therapy with an emphasis on improving proper movement mechanics to facilitate long-term gains and decrease the risk of injury or loss of function. She has a strong focus on patient education to empower her patients through knowledge in all aspects of physical therapy related to the return of higher function levels.



NEW YEAR MEANS A NEW YOU!

Let Apex Physical Therapy Help You Reach Your Health & Fitness Goals This Year!

The professionals at Apex Physical Therapy will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.



HEALTHY RECIPE: OMELET MUFFINS



INGREDIENTS

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

DIRECTIONS

Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20-25 min., until eggs are set. Let stand 5 min. before removing from muffin tin.