

## HEADACHES ARE A PAIN IN THE NECK!



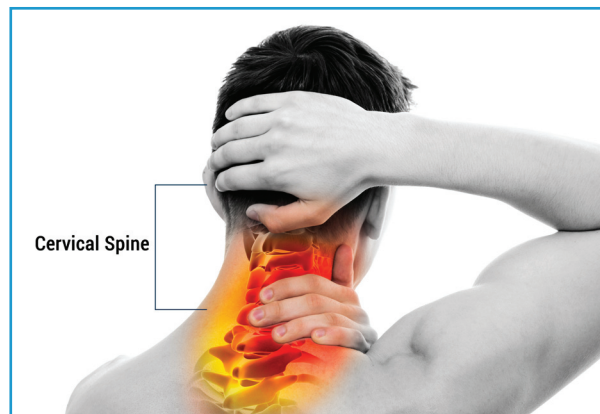
It's the end of the day; your head is pounding and your neck is aching. Is it stress? The way you were sitting at work? Perhaps it's the way you hold your phone? Neck pain is a serious problem. In fact, according to the American Osteopath Association, neck pain is the third leading cause of chronic pain (back pain is number one) and more than 25% of Americans report being affected by neck pain.

Headaches that stem from neck pain are found mostly in individuals who have tightness in the muscles at the back of the neck. This is brought about by a forward-head posture and rounded back. This is very common if you work at a computer or sit frequently. This causes the cervical spine (top 7 vertebrae in spinal column) to be positioned into an unnatural position. This position causes the neck muscles in the front of your neck to lengthen, and the muscles in the back of your neck to shorten.

A good trick to know if you're prone to neck pain due to your posture is to stand tall with your back against a wall. How far away from the wall is the back of your head? If you have a forward head posture, your head will be apart from the wall.

Another form of headache is the tension headache, which is thought to be a result of general muscle tension in the head and is brought on by the poor posture of the head and neck muscles. This can affect blood flow to the scalp and results in headaches. Headaches at the back of the head can be related to neck muscle tightness and limited movement.

Since many headaches stem from problems with neck movement and posture, it is only proper that you see a muscle and skeletal expert to help you with this common problem. The specialists at **HealthQuest** have years of medical training and evaluating neck and headache problems. PT should be your first action, don't reach for the harmful drugs for your headaches and neck pain, choose PT first to eliminate your pain today.



## ASK THE THERAPIST...



**WHEN I'M AT WORK ON MY COMPUTER, I NOTICE MY NECK HURTS MORE. IS THERE A SPECIFIC HEIGHT I SHOULD HAVE MY MONITOR, CHAIR, ETC.?**

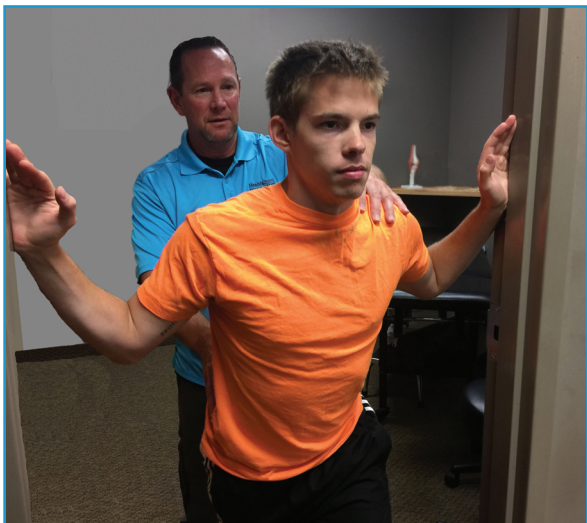
When sitting (or standing), make sure you always have good posture. This is the vital to decrease neck pain. Place your computer screen at eye level so your neck stays in a neutral position. Keeping your feet flat on the floor and your hips at 90°, this will ensure your back stays in good alignment. Be sure to lift your chest up as if being pulled upward with a string to keep your spine straight. Be sure to take breaks often and do stretches to eliminate pain and potential for injury.

*This month's 'Ask the Therapist' is brought to you by Co-Directors of our Clarkston location, Steve Lukens (left) and George Carson (right). You'll see George, Steve, and the HQPT team throughout the Clarkston community. They enjoying giving back and being an asset to the community.*

*Always consult your physical therapist or physician before starting an exercise regimen*

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## EXERCISE ESSENTIALS



### DOORWAY PECTORAL STRETCH

1. Stand in a doorway with both hands on the wall.
2. Your shoulders should be relaxed, but not arched back.
3. Step forward through the doorway, approximately 8-12" with one foot.
4. A stretch should be felt in the front of the shoulder and chest.
5. Hold for 30 seconds, repeat 3 times daily.

CALL US TOLL FREE TODAY TO SCHEDULE  
YOUR FREE PAIN ASSESSMENT!

**(855) HQPT-4ME**

**HealthQuest**  
PHYSICAL THERAPY AND MEDICAL FITNESS  
1773 Star Batt Dr., Rochester Hills, MI 48309

**SUFFERING FROM  
HEADACHES, NECK  
OR BACK PAIN...  
LOOK INSIDE**



## USE IT OR LOSE IT

We've all heard the saying "use it or lose it." It applies to your memory, your muscles, and your health insurance benefits! With the end of the year quickly approaching, you may not have fully taken advantage of your 2016 benefits yet! For example, most insurance plans give you a set number of Physical Therapy visits in a given year, which cannot be rolled over into next year's plan. If you have visits left, consider using them before your annual deductible resets. Or, if you have funds left in your Flexible Spending Account, put them toward co-payments at your coming appointments. Don't wait to get out of pain...do something today, we can help!

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