



**connections**  
PHYSICAL THERAPY

**NEWSLETTER**

# IS STRESS CAUSING YOUR NECK PAIN?

**You Can Live Your  
Life Again**

**ALSO INSIDE**

How Physical Therapy Can Help You

Feel Better • Staff Spotlights • Exercise Essentials • Healthy Recipe



## IS STRESS CAUSING YOUR NECK PAIN?

**You Can Live Your  
Life Again**

Does your neck hurt? You might be suffering from stress-related pain in the form of a tension headache. When you're dealing with anxiety, your muscles often tense up. Tightness from neck tension can also affect your shoulders and back. The more pressure there is, the more discomfort you'll feel.

### **IS MY NECK PAIN CAUSED BY STRESS?**

Neck pain can be worsened by keeping your head positioned in one place for an extended period of time — like when you're driving, or using a computer. Pain might rear its ugly head in the following ways:

- Muscle tightness and spasms
- Headaches
- Decreased ability to move the head

Stress-induced neck pain isn't rare. If your neck pain starts at the base of your shoulders, traveling upward, it may be stress-related.

### **CAUSES OF STRESS-RELATED NECK PAIN**

While stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems — as they confine people to chairs. When people sit in chairs for too long, they commonly practice bad posture while also not moving their body enough. Driving is also often to blame for neck pain.

The U.S. National Library of Medicine suggests contacting a professional if you're experiencing neck pain. Whether it's caused by stress or a chronic condition, untreated neck pain can lead to you developing muscle spasms, arthritis, bulging discs, and even narrowed spinal nerve openings.

**HAS YOUR PAIN COME BACK? CALL US TODAY  
WE CAN HELP YOU FEEL BETTER RIGHT AWAY!**

**CALL TODAY TO FEEL NORMAL AGAIN!**



# HOW PHYSICAL THERAPY CAN HELP YOU FEEL BETTER

Neck pain, fortunately, can be alleviated with physical therapy. Certain activities or inactivity can cause neck pain, but the right activities are what we'll use to help you feel better! Sometimes, you can reduce pain in your neck on your own. Simply letting your neck muscles relax is the key to this.

If you have persistent neck pain that doesn't subside after two weeks or more, don't hesitate to give us a call. We'll help you schedule an appointment with one of our highly trained physical therapists. Your physical therapist will work to diagnose the source of your pain during a thorough evaluation in a private treatment area. Then, they will develop of treatment plan specifically for you! That plan will likely

include exercises, stretches, and other movements that will help relax your neck muscles. In time, your neck will strengthen — giving you the comfort you deserve.

If you're dealing with neck pain, you're not alone. We'll work with you, side by side, to accomplish your goals! Call one of our clinics now, to learn more about how we can treat your neck pain.

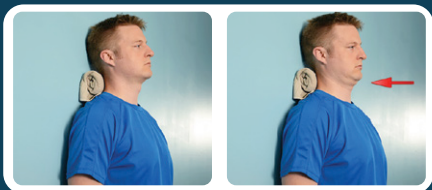
**HAS YOUR PAIN COME BACK? CALL US TODAY  
WE CAN HELP YOU FEEL BETTER RIGHT AWAY!**

## EXERCISE ESSENTIALS

*Perform This Exercise To Stretch Your Neck*

### CERVICAL RETRACTION (TOWEL)

Stand with your back against a wall. Position a rolled-up towel behind your neck. Tuck chin like you are nodding 'yes'. Draw your chin closer to the back of your throat. Repeat 3 times.



## WE'RE STAYING SAFE!

*The staff at Connections Physical Therapy is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we are taking these precautions:*



**ONE PATIENT TO  
ONE THERAPIST  
ONLY IN THE  
CLINIC**



**NO DOUBLE  
BOOKING OR PATIENT  
OVERLAP**



**THERAPISTS  
PROVIDED TIME  
TO CLEAN ALL  
SURFACES AND  
EQUIPMENT  
BETWEEN PATIENTS.**

## PATIENT SUCCESS SPOTLIGHT

*"Jean is professional, compassionate, inspiring, an expert and a blast to work with."*

"Jean is professional, compassionate, inspiring, an expert and a blast to work with. I have come to think of her as my coach on this journey of living with M.S. - and not just physical, but behavioral as well. I've had my ups and downs yet so much has improved - my walking, strength & balance and endurance which I didn't think possible."

Susan P.



## STAFF SPOTLIGHTS

### MITCH MCNANNA, PT, DPT



Along with many sports injuries as a kid, Mitch found his interest in physical therapy when he had a benign bone tumor at his C7 vertebrae repaired at the age of 15. During baseball season, Mitch had shoulder pain while throwing and after his rotator cuff strengthening that was not getting better he found out it was a bone tumor. Mitch said, "It was the physical therapists that really motivated me to get moving, the PT's helped me walk down the hall to where my mom was to surprise her as that was the furthest distance I had been since being in the hospital."

The only real limitation Mitch had was to not play any contact sports; which is how he found track and field. Mitch began running at the end of high school and was lucky enough to run at Franklin Pierce. Mitch graduated with a BS in Health Science from Franklin Pierce and then traveled west to their Arizona campus to complete his Doctorate of Physical Therapy in 2019. After completing clinical rotations in Arizona, Rhode Island, and Australia he returned to the east coast and joined Connections Physical Therapy in Holliston. Mitch's main focus is exercising and improving his squat, press, and deadlift. Mitch said, "I love to implement my passion for strength training."

### JEAN FEDER-EWELL, PT, MSPT, MSCS, LSVT



Jean received her Masters of Science Physical Therapy from Northeastern University in 2006 and found her passion within physical therapy while working with the neuro population in both inpatient and outpatient settings. Jean has worked in outpatient neuro for 15 years and has experience working with a movement disorder specialist at a Parkinson's clinic for a couple of years.

Jean received her Multiple Sclerosis Certified Specialist and LSVT-Big certifications and works closely with referring neurologists to ensure appropriate and effective therapy. She joined Connections Physical Therapy two years ago to continue building on our Multiple Sclerosis and neuro specialty clinic in Wellesley.

Jean said, "I absolutely love what I do. Everyday is different, every patient is different, and I treat them that way."



**connections**  
PHYSICAL THERAPY

[connectionspt.com](http://connectionspt.com)

## HEALTHY RECIPE

### IMMUNITY-BOOSTING CITRUS SMOOTHIE

#### INGREDIENTS:

- 1 cup frozen mango chunks
- juice of 1 lemon
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon ground cayenne pepper
- 3/4 cup fresh squeezed orange juice
- 2 teaspoons fresh grated ginger
- 1 small raw red beet, chopped
- 1 cup frozen raspberries
- 1 blood orange or grapefruit, peeled and segmented
- 1/2 cup pomegranate juice
- honey to taste (optional)

**DIRECTIONS:** In a blender, combine the mango, lemon juice, turmeric, cayenne, ginger, and orange juice. Blend until completely smooth, adding more honey if needed to sweeten. Pour into a tall glass. Rinse the blender out. Combine the beets, raspberries, orange, and pomegranate juice. Blend until smooth and creamy, adding more pomegranate juice if needed to reach your desired consistency. Pour over the mango mixture and stir gently to swirl.

[www.hallbakedharvest.com/immune-boosting-winter-citrus-smoothie](http://www.hallbakedharvest.com/immune-boosting-winter-citrus-smoothie)