

**Seasonal  
Recipe**

**Chocolate  
Peppermint Toffee**

**"I highly  
recommend  
David, he delivers  
a different  
personalized  
experience and  
progressive  
results!"**

**Success  
Story**

**Healthy  
Tips**

**Staying  
Motivated To eat  
Healthy**



**IS STRESS  
CAUSING  
YOUR NECK  
PAIN?**

**Call to Schedule Your Appointment Today  
(720) 222-9669**

**PHYSICALTHERAPYARVADA.COM**



# NEWSLETTER



## NO PRESCRIPTION NEEDED!

*Direct access is a law that allows patients to go directly to a Physical Therapist without the need for a doctor's referral or prescription.*

# IS STRESS CAUSING YOUR NECK PAIN?

### Does your neck hurt?

You might be suffering from stress-related pain — also called a tension headache. During anxiety, muscles tense up. As muscle tension tightens, the back, shoulders and neck are affected. The more pressure they cause, the more discomfort you get. Let's take a closer look at stress-related neck pain.

### Is My Neck Pain Caused by Stress?

Pain worsened by keeping your head in one place — like when you're driving, or using a computer — is neck pain. While neck pain has a slew of symptoms, its major symptoms, reported by Mayo Clinic, are:

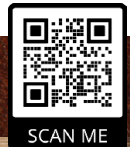
- Muscle tightness and spasms
- Headaches
- Decreased ability to move the head

Stress-induced neck pain isn't rare. It also isn't psychological. Many experts think stress-induced neck pain is caused by physical factors — low, but constant, trapezius muscle activity. 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, bad posture and little mobility. Driving often, too, can make your chances of stress-related neck pain higher.

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# IS STRESS CAUSING YOUR NECK PAIN?

The U.S. National Library of Medicine suggests contacting a professional if you're experiencing neck pain. Even if it's caused by stress, untreated neck pain might later reveal muscle spasms, arthritis, bulging discs or even narrowed spinal nerve openings.



## How Physical Therapy Can Help My Neck Pain?

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activity can cure it. Sometimes, this "activity" means "no activity." Before you contact a professional, try reducing your neck movements. Sometimes, simply letting your neck muscles relax is enough.

If you don't see relief within two weeks, contact a professional. Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch, flex and relax your neck muscles. In time, your neck will become more resilient — giving you the comfort you deserve.

Where aftercare treatment is considered, custom-tailored neck exercises will assure your neck stays loose, limber and healthy.

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.

REFER A  
FRIEND!

Do You Know  
Someone  
Who Needs  
Our Help?

## SUCCESS STORIES

"Other professionals were recommending shoulder surgery after months of PT and Chiropractor office visits with little improvement. David was able to evaluate my needs and return full range of motion in my shoulder and relief to lower back pain. I continue to see David for maintenance from sitting in an office and working out. He keeps me in shape, so I can keep living an active in motion life! I highly recommend David, he delivers a different personalized experience and progressive results!" - *Sandy M.*

Text to Schedule Your Appointment Today  
**(720) 358-5385**





## STAYING MOTIVATED TO EAT HEALTHY

1. Set small, measurable goals that will help you get to your overall large goal.
2. Keep a food and exercise journal. This is extremely helpful to track how much you're eating – sometimes you don't realize how many small bites here and there add up. You can do a hand-written journal or go digital and log your food/fitness from the computer or your smartphone.
3. Keep processed junk food out of your diet by adding in nutritious whole foods.
4. Skip the pantry and head to the fridge. No one really keeps a lot of processed foods in their fridge because they're usually self-stable. When looking for an afternoon snack, stick with something from the fridge (non-fat greek yogurt, fruit, veggies with hummus, edamame, etc.)
5. Try new foods. Eating the same meal every night can get old. Look for new healthy recipes online, in cookbooks or magazines so you don't get bored with eating healthy.
6. Eat something every 2-3 hours. This keeps your metabolism running and also makes sure you don't overeat after work.
7. Keep nutritious foods on hand and ready to eat. Preparation is the key to eating healthy! Having fresh vegetables and fruits, lean protein, healthy fats and smart carbs each week is super helpful for staying on track.

## EXERCISE ESSENTIAL

### SCAPULAR RETRACTION

#### Preparation:

Stand with back against the wall as shown

#### Execution:

Bring arms apart

Squeeze shoulder blades together



Exercises  
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## SEASONAL RECIPE

### Roasted Sweet Potato Soup With Pistachio

#### Ingredients

- 4 pounds sweet potato
- 6 tablespoons vegetable oil
- Kosher salt
- 4 medium carrots, diced
- 1 medium onion
- 5 cloves garlic
- 2 sprigs sage
- 2 quarts low-sodium chicken stock
- 1/4 cup orange juice and 1 tablespoon grated zest
- 3/4 cup pistachios
- 2 scallions
- 2 tablespoons mint leaves
- Pinch cayenne pepper
- 1/2 cup olive oil

#### Directions

Preheat oven to 300°F. Toss sweet potato with 4 tablespoons vegetable oil and salt. Spread sweet potato on 2 rimmed baking sheets and bake for 1 hour. Increase oven temperature to 375°F and cook until sweet potatoes are tender and lightly browned around the edges, about 25 minutes. In a large pot, heat remaining 2 tablespoons vegetable oil over medium-high heat until simmering. Add carrot, onion, garlic, sage, and a generous pinch of salt and cook, stirring, until vegetables are just tender. Add sweet potatoes and stock and bring to a simmer. Cook for 10 minutes until vegetables are very tender. Discard sage, if using. Add orange juice. Blend soup until smooth. Season with salt. In a mixing bowl, stir together pistachios, orange zest, scallions, mint, and cayenne pepper. Fold in olive oil and season with salt. Serve soup, spooning pistachio salsa on top.