

NEWSLETTER

WHY AM I HAVING SO MUCH NECK AND SHOULDER PAIN?

BY PAYTON MCWILLIAMS, PT, DPT, CLT



Home offices (often set up in a dining or living room) combined with less exercise and recreation due to COVID concerns create a recipe for disaster for your posture and your health. Contributing

factors to new shoulder or neck pain can include poor work ergonomics, physical inactivity, and muscle fatigue.

Poor work ergonomics: A proper work environment consists of a computer screen at eye level, a keyboard/desk just below the elbows, and a supportive chair that allows feet flat on the floor or a bar for your feet.

Lack of exercise: Inactivity and poor posture weaken the supportive muscles around our shoulder joint and cause tissue deformation,

making it more difficult to return to normal posture.

Muscle fatigue: Improper posture and prolonged sitting in one position causes your muscles to work overtime and may lead to fatigue. When you have a muscle that is overworked and tired, it shuts down, which causes other muscles to compensate. These compensatory patterns cause the arm and shoulder to move improperly, which may lead to painful movement patterns, swelling, and further issues.

The good news is that you can decrease pain by increasing your strength. We can help you create a fun and easy strengthening program.

Call us at 373-2116 to schedule your FREE 15-minute upper back pain screening today!



NEWSLETTER

RELIEVE YOUR PAIN WITH **PROPER NUTRITION**



Does chronic pain limit your daily life? Have you wondered if inflammation is the source of your pain? At ReQuest Physical Therapy, our physical therapists understand the importance of a nutritious diet, especially if experiencing chronic pain. Our team looks at the whole person to ensure you're the healthiest version of yourself!

Everything you consume works to fuel your body, so eating the right foods can aid in a quicker recovery from painful conditions. By exercising regularly, managing your stress, and eating nutritious meals, you can help significantly reduce the pain and inflammation you are feeling.

If you have been living with pain, dealing with inflammation, and want relief, contact ReQuest Physical Therapy today to schedule a consultation. Learn more about how our physical therapists can help you manage your nutrition and work with you to prevent injuries to rehabilitation and beyond.

How inflammation leads to pain and disease. Through inflammation, your immune system can naturally respond to injury, ailment, or other harm. If you have an infection, wound, tissue damage, or buildup of toxins in your body, the immune response is triggered to deal with it. Without inflammation, injuries wouldn't be able to heal.

Unfortunately, chronic inflammation can occur if this process goes on for too long. This makes it more difficult for the body to heal itself and often

SEEK REAL RELIEF

**FREE BACK PAIN
 SCREENING**

**BIG
 DEAL**

ReQuest
 PHYSICAL THERAPY

Take your health to another level! Schedule an appointment at a location nearest to you.

Offer expires 09/27/22

leads to chronic pain. In addition, there are other serious health conditions related to chronic inflammation, such as:

- Diabetes
- Arthritis (Osteoarthritis and Rheumatoid arthritis)
- Heart disease (High blood pressure, coronary heart disease, peripheral artery disease)
- Some cancers (i.e., colon, pancreatic, and liver cancers)

If you experience persistent pain, it is wise to contact a physical therapist as soon as possible. Our therapists are skilled at assessing the whole body and identifying the contributing factors, including chronic inflammation.

(continued inside)

BENEFITS OF NUTRITION FOR PAIN AND INFLAMMATION

(continued from outside)

Traditionally, chronic inflammation has been treated through rest and/or medication. However, a lack of movement and exercise can make inflammation worse. Medications come with side effects, which can be dangerous and/or habit-forming. Luckily, we can treat pain and inflammation in more straightforward and healthier ways, including proper nutrition. Nutrition can help you turn around your symptoms by adopting an anti-inflammatory diet. An anti-inflammatory diet consists of the following components:

Plant-based emphasis: This means adding in more fruits and vegetables.

Foods containing omega-3 fatty acids:

- Fish and other seafood (especially cold-water fatty fish such as salmon, mackerel, tuna, herring, and sardines)
- Nuts and seeds (such as flaxseed, chia seeds, and walnuts)

Whole grains:

- Whole Oats
- Whole Wheat
- Whole-Grain Rye
- Buckwheat
- Bulgur Wheat (Cracked Wheat)
- Millet
- Whole Barley
- Spelt

Lean protein:

- White-Fleshed Fish
- Plain Greek Yogurt
- Beans, Peas, and Lentils
- Skinless, White Meat (i.e., chicken, turkey, and pork)

Healthful fats:

- Avocado
- Nuts
- Olive Oil
- Flaxseed

To strengthen your body's immune response, you'll want to avoid simple carbs and sugars. Anti-inflammatory diets discourage or limit the consumption of

processed foods, red meats, and alcohol. In addition, reduce your processed grain and dairy intake. Unfortunately, that means no donuts, no pastries, and white bread.

What to expect in physical therapy. By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain and inflammation symptoms. In addition to this, you can also help manage your pain and inflammation through:

- **Daily exercise:** Exercise can alleviate pain or stiffness and stop the inflammation from becoming worse.
- **Stress management:** Stress can influence the body's inflammation and lead to a longer recovery. Taking time to relax can allow you to heal quicker.
- **Weight loss:** If you have some unwanted weight, getting down to your ideal body weight will help with your pain and inflammation.

Our physical therapists will perform a whole-body evaluation that includes a nutritional assessment to identify all the factors that may be contributing to your pain and chronic inflammation. We need to understand how your nutrition and other factors affect your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure optimal results!

Contact us today! Schedule your consultation with ReQuest Physical Therapy today to discuss nutrition plans with one of our licensed physical therapists and gain additional advice on other ways you can help manage your pain!

Sources: <https://europepmc.org/article/nbk/nbk493173>
<https://www.mdpi.com/2072-6643/10/2/200>
<https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>
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<https://www.mdpi.com/2072-6643/10/8/1030>

CALL GAINESVILLE: (352) 747-9992 OR TIOGA: (352) 670-3461 TODAY TO SCHEDULE AN APPOINTMENT!

IN THE KITCHEN WITH GARRETH

BERRY-LICIOUS SMOOTHIE

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 2 packed cups raw dark leafy greens (spinach, kale, etc.)
- 1 C unsweetened almond/soy milk
- 1 1-inch piece of beetroot/carrot
- 1 1-inch piece of gingerroot and/or turmeric root
- 1 broccoli or cauliflower floret
- 1 ½ C frozen/fresh berries (strawberries, blueberries, etc)
- 1 banana (a more ripe banana equals more sweetness!)
- ¼ C cantaloupe
- 1 tsp. ground cinnamon and/or turmeric root
- 1-2 C water and/or ice, to taste

DIRECTIONS

Blend all ingredients 1-2 minutes in high-powered blender until liquefied to desired consistency. Add water or almond milk by the ½ cup to make less thick. If needed, add more whole food sweetener (i.e., grapes, banana, beets, etc) for desired palatability.

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.





WHY REQUEST?

“They have knowledgeable staff who are great communicators. And physical therapy always works!”

— Marta W.



PENNY GOLDBERG
PT, DPT, ATC
Call today to schedule!
(352) 670-3461

ReQuest
PHYSICAL THERAPY

**WE MAKE IT
EASY TO LEAVE
A REVIEW!**



INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame
(this will take you directly to our Patient Results page)
3. Tell us how we've done! Click on the "Review Us" button on the top of the page.



requestphysicaltherapy.com

WHO DO YOU KNOW THAT NEEDS
OUR HELP?

REFER A FRIEND!

Do You Have Friends or Family Unable to Do The Following?

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active and healthy lifestyle

Have them call our office today!



1. Schedule a free pain screening



2. Discover why your pain has come back



3. Get your custom recovery program

ReQuest
PHYSICAL THERAPY



Come Join Us for BreasTherapy

We meet at 6:30PM every 3rd Wednesday of the month at GHF Main.

Join us as we support and encourage one another. Former patients, current patients, and caregivers are welcome.

Scan the QR Code
to register!



TRY THIS EXERCISE TO
**HELP YOU
RELAX**

Belly Breathing

Sit, stand, or lie down.

Put one hand over your belly.

Put the other hand on your chest.

Take a deep breath in through your nose.

Breathe out through your lips (as though blowing air through a straw).

Feel the hand on your belly go in as the air in your lungs goes out.

Repeat this exercise slowly 10 times.



THERAPIST SPOTLIGHT

VIET NGUYEN PT, DPT

Viet became a physical therapist because of his interest in both exercise and teaching. He believes that educating patients on how to safely progress themselves is just as important as teaching the proper biomechanics.

As much as he enjoys treating his patients in the clinic, he would much rather have his patients living their lives pain-free and doing what they enjoy most. During his free time, Viet enjoys running with his dog Loli, swimming, skiing, powerlifting, collecting sneakers, and traveling.

Exercise Essentials

Try these exercises to keep you moving...

SHOULDER CIRCUMDUCTION

Start by standing up straight. Place your fingertips on your shoulders with your elbows sticking straight out to your sides. Slowly begin making clockwise circles with your elbows without moving your fingers. Continue as directed and then switch directions. Repeat 3 sets of 10 reps each.

Strengthens shoulders



DEEP NECK FLEXOR ACTIVATION IN SUPINE

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..

Stretches neck

PT WIRED
www.ptwired.com



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HAVE YOUR ACHES & PAINS RETURNED?

COME BACK TO PT!



Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

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REQUESTPHYSICALTHERAPY.COM