

**SCHEDULE YOUR
APPOINTMENT TODAY!**

HAPPY
Valentine's
DAY



DOES STRESS CAUSE NECK PAIN?

Does stress cause neck pain? The short answer is no! At MSK Centre, we like to say “contributes to” instead of “cause.” The casual way healthcare professionals throw around terms can lead to confusion and, worse still, ineffective treatment. Fortunately, our highly skilled therapists know how to dig deep and find the root cause of your neck pain, and this information helps you find relief!

Let's discuss Nicole, a 40-something-year-old working mother of three. Nicole was used to being very active, balancing her work schedule with getting her kids to all the various activities and school functions that come with being a mom nowadays.

Her neck pain first started as a crick in the neck when she woke up one morning. As the day progressed from driving her kids around to sitting at her desk, she noticed turning her head became more difficult and painful, making focusing on work nearly impossible.

Nicole struggled to figure out why her neck started hurting and came to the conclusion that stress “must be” the culprit. The more pain and difficulty moving she had, the more convinced she was that stress was to blame.

UNDERSTANDING NICOLE'S NECK PAIN

One of the most common things we hear from our patients is that their pain started for “no apparent reason.” Like Nicole, people will wake up with a crick in their neck or notice a stiffness turning when driving in the car. It is also common for people to notice tightness in their upper back and neck after a long day.

So, what is actually the source of the pain? In most cases, there is an issue with the neck joints or the neck muscles due to prolonged positions. Our neck joints don't like remaining in any position for extended periods. In Nicole's case, she first noticed her pain in the morning, which may have been related to her neck position while sleeping. It is also important to note that in Nicole's case, the first sign of any issue was in the morning when she woke up, unrelated to stress.

As Nicole's day progressed, her pain got worse. But this also was more likely related to how she held her neck while driving or sitting at her computer. In both cases, her posture, specifically how she held her neck, seems to have contributed to her 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 best when we move them. So, holding her head in one position likely led to irritation of the muscles and affected her ability to move her neck, which in turn caused stress.

Stress “contributes” to neck pain because, when we experience stress, our bodies naturally respond by tensing up as a protective measure. This tension can lead to discomfort, particularly in the neck and upper back region. Research studies have found that individuals with higher stress levels reported increased neck pain as compared to those with lower stress levels. This is why we say “contributes” to, but not the cause of, neck pain.

Continued on next page.



TRIVIA TIME

1. Q: How many bones are in the human body?

A: There are 206 bones in the human body?

2. Q: What are the types of joints?

A: There are 6 types of joints; hinge, saddle, planar, pivot, condyloid, and ball and socket.

3. Q: How many carpal bones are in the wrist?

A: There are 8 carpal bones in the wrist.

4. Q: What are the most commonly affected joints in rheumatoid arthritis?

A: The most commonly affected joints are small joints in the hands and feet.

5. Q: What is the most mobile joint in the human body?

A: The most mobile joint in the human body is the glenohumeral joint in the shoulder.

6. Q: Which muscle is primarily responsible for hip flexion?

A: The muscle that is primarily responsible for hip flexion is iliopsoas.

7. Q: What condition characterized as inflammation of the bursa?

A: Bursitis is the inflammation of the bursa.

8. Q: What is a muscle spasm?

A: A muscle spasm is a sudden, involuntary contraction of a muscle.

9. Q: What causes a Baker's cyst?

A: A Baker's cyst is caused by swelling of a bursa.

10. Q: How many bones are in the foot?

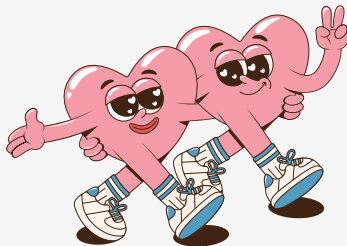
A: There are 26 bones in the foot.



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Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!



Continued from outside.

HOW PHYSIOTHERAPY CAN HELP ALLEVIATE NECK PAIN

We will target the source of your pain by performing a thorough examination, starting with your medical history and details about how, when, and where your symptoms began. As we saw with Nicole, determining how, when, and why the pain started helps us eliminate possibilities and get to the actual root cause(s).

Our therapists will also analyze your posture and movement to identify any limitations or restrictions contributing to your condition. We'll use this information to design a program that addresses your specific needs.

Our treatment plans focus on relieving your pain and improving your posture, mobility, strength, etc., and educating you about managing your symptoms. Your program will likely include manual therapy (i.e., soft tissue work and/or joint mobilizations), targeted stretches, exercises, activity modification, or posture recommendations.

We'll listen to your unique situation and specific issues and then work to help you find relief and get back to your normal routine.

BOOK YOUR APPOINTMENT TODAY!

If you're dealing with neck pain or looking for someone to help you figure out what is causing your issues, call us today and set up a consultation!

Sources:

<https://www.sciencedirect.com/science/article/pii/S1836955320301417?via%3Diuh>

<https://pubmed.ncbi.nlm.nih.gov/36180150/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2270377/>

<https://pubmed.ncbi.nlm.nih.gov/28972599/>



CALL 855.428.1996 OR VISIT WWW.MSKCENTRE.CA FOR MORE INFO

STAFF SPOTLIGHT

DR. BRANDON GIRARDI, ORTHOPAEDIC SURGEON ASSISTANT CLINICAL PROFESSOR (ADJUNCT), MCMASTER UNIVERSITY

Dr. Brandon Girardi grew up in Sault Ste. Marie, Ontario. He completed an Honors Degree in Medical Sciences at the University of Western Ontario and then attended Queen's University for his medical degree.

He completed his residency in orthopaedic surgery at the University of Toronto, during which he completed a concurrent Masters of Surgical Education and Wilson Center fellowship in education research.

He went on to complete subspecialty fellowship training in orthopaedic trauma and lower extremity reconstruction through a combined training program at Sunnybrook Health Sciences and St. Michael's hospitals in Toronto, Ontario.

Dr. Girardi has a special interest in the treatment of arthritis of the hip and knee with a focus on primary and revision joint replacement.



SUCCESS STORIES

Fabulous attention and personalized care. They don't just give you a print-out from the internet and let you do your stuff. They supervise, correct technique, and direct you to the next "station." It is also helpful that they have Physio, Chiro and Massage all in the same facility.

-D.G.



AT-HOME EXERCISE

CERVICAL RETRACTION AND EXTENSION WITH TOWEL

Try this to stretch your neck

Start by standing up straight. Wrap a towel around the back of your head and hold the ends with both hands in front of you. Tuck your chin, pushing your head back into the towel and then raise your chin up towards the ceiling against the towel. Return to start. Repeat 3 sets, 10 reps each.



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



COME BACK TO MSK!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

855.428.1996

Or request an appointment online at
www.mskcentre.ca

WELCOME TO THE TEAM

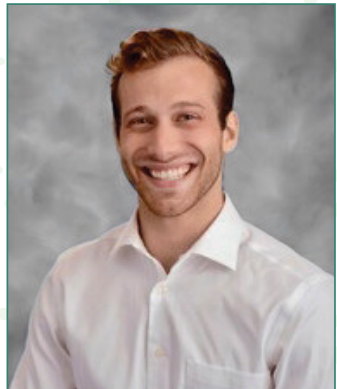


ADAM YOUSUFZAY

Adam graduated with a Bachelor of Science degree in Biomedical Biology from Laurentian University. He then went on to complete his Master of Science degree in Physical Therapy at Queen's University. Adam grew up in Swat, Pakistan, where his father was a medical doctor and provided medical care to his entire village during the war. This greatly inspired him and sparked his interest in working in healthcare. Adam is knowledgeable in treating a wide variety of musculoskeletal and neurological conditions. Adam uses a client-centred approach to empower his clients to become independent and self-reliant. In his spare time, Adam loves going to the gym, playing sports, travelling, and spending time with his family.

VITO MANCHISI

Vito attended Western University where he graduated with both a Bachelor of Arts in Kinesiology (Honours) in 2021 and a Masters of Physical Therapy (MPT) in 2023. He played various sports at a competitive level, including soccer and football. Vito has a passion for working with sports and orthopaedic injuries. Vito believes in a client-centred approach through a combination of manual therapy and exercise. Vito continues to live an active lifestyle today through his hobbies of soccer and working out.



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