

DOES STRESS CAUSE NECK PAIN?

Scan Here!



TO SCHEDULE YOUR
APPOINTMENT TODAY!

INSIDE:

- How PT Can Help Alleviate Neck Pain
- Healthy Recipe • Patient Testimonial

BATON ROUGE 225.267.7965 • **ZACHARY** 225.234.0850



AUG. 2024

DOES STRESS CAUSE NECK PAIN?

Does stress cause neck pain? The short answer is no! At Kleinpeter Physical Therapy, 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.



SCAN THE QR CODE TO SCHEDULE
YOUR APPOINTMENT TODAY!

WWW.KLEINPETERPT.COM

STRESS LESS ABOUT YOUR NECK PAIN

Continued from outside

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.

HOW PHYSICAL THERAPY 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!



Healthy Recipe

Tomato, Mozzarella & Basil Bruschetta

INGREDIENTS:

- 1 (32-oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsp extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt & freshly ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 1/2 lbs fresh mozzarella cheese, sliced 1/4-inch thick

DIRECTIONS: Preheat oven to 375 degrees F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.

VISIT OUR WEBSITE TO SCHEDULE YOUR APPOINTMENT! • WWW.KLEINPETERPT.COM

CELEBRATING MCKENZIE K. LEBLANC, PT, DPT, OCS

Celebrating McKenzie K. LeBlanc, PT, DPT, on Her New Orthopedic Clinical Specialist Certification!



We are thrilled to congratulate McKenzie K. LeBlanc on achieving her Orthopedic Clinical Specialist (OCS) certification after a year of dedicated study and research. McKenzie, a valued member of our team at Kleinpeter, brings a wealth of expertise and compassion to her practice.

McKenzie's journey in physical therapy began with a deep-seated passion for serving those facing physical challenges. Her commitment to personalized care and patient-specific goals reflects her belief that physical therapy is not just a treatment but a supportive journey through vulnerable times.

McKenzie's academic achievements include a Doctorate of Physical Therapy with Highest Honors from LSU Health Sciences Center and a Bachelor of Science in Health Sciences from Nicholls State University. She is an active member of the American Physical Therapy Association (APTA) and serves in various leadership roles within the APTA Louisiana Chapter, including as the Nominations Committee Chairman.

In addition to her clinical practice, McKenzie engages in independent research focusing on PT education and biomechanics, supporting the Doctor of Physical Therapy program at Franciscan Missionaries of Our Lady University. Her clinical interests span orthopedic injuries, deconditioning, balance, joint replacements, spinal and post-operative conditions, chronic pain, and running injuries.

Outside of work, McKenzie finds joy in community service, including initiatives like the Physical Therapy Day of Service and involvement with the Foundation for Physical Therapy Research. Her personal interests include long-distance running, beach volleyball, exploring new coffee shops, and cheering on LSU sports teams.

McKenzie's dedication to her patients, profession, and community truly embodies the spirit of excellence we strive for at Kleinpeter. Please join us in congratulating McKenzie on her outstanding achievement!



“ McKenzie is an amazing, caring, and professional therapist. She puts her heart into everything she does, and she does not give up until she achieves her patients' goals – no matter what it takes. Her patients are lucky to have her. I was blessed!
-Maggie F.

“ I am a United States Army veteran who is very active with outdoor activities, even in my mid-50's. Over 6 months ago, plantar fasciitis pain began affecting my quality of life. The activities I loved doing so much became very painful. I noticed the physical pain had even started to affect my mood. About 8 weeks ago, I finally made the decision to seek help from Kleinpeter Physical Therapy (primary therapist, McKenzie). I have never had physical therapy before, and I will admit I was initially skeptical. I was discharged today with incredible results. I am back to enjoying the activities I love so much, and my mood is much better. The team at Kleinpeter is caring, professional and knowledgeable. They really know how to get results and get you back to normal again! Thanks so much!
-Ritchie D.



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

*Call today to schedule
an appointment!*

BATON ROUGE
225.267.7965

ZACHARY
225.234.0850

