



# NEWSLETTER

HELPING YOU MOVE THROUGH LIFE PAIN-FREE!

March 2024

## DOES STRESS CAUSE NECK PAIN?



Does stress cause neck pain? The short answer is no! At Achieve 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.

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.

Visit us online [achieve-therapy.com](https://achieve-therapy.com) or call the clinic nearest you.

#### Columbia

1425 S Columbia Rd., Grand Forks,  
ND 58201  
**701.409.1614**

#### East Grand Forks

1421 Central Ave. NW,  
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#### Park Rapids

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## 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., 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.

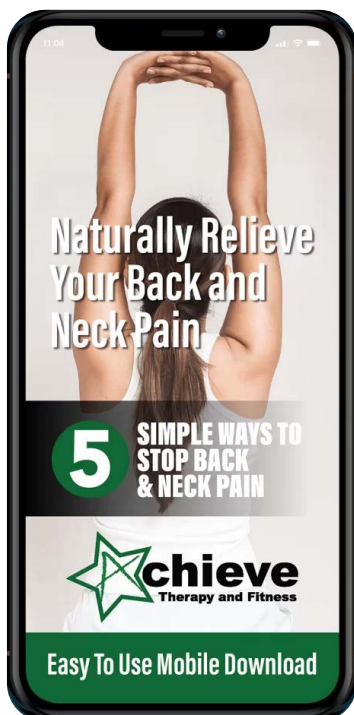


## Book Your Appointment Today!

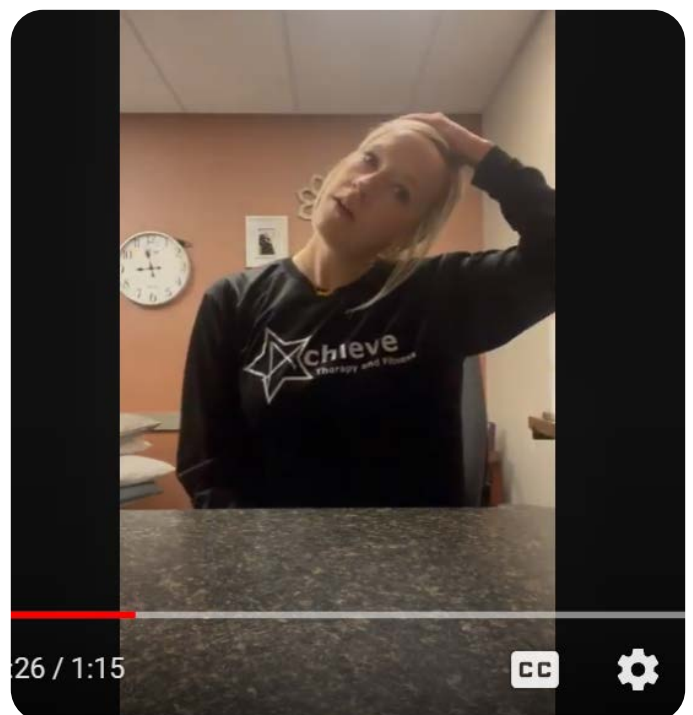
If you're dealing with neck pain or looking for someone to help you figure out what is causing your issues, call us today and set up a consultation!

Sources: <https://www.sciencedirect.com/science/article/pii/S1836955320301417?via%3Dihub> • <https://pubmed.ncbi.nlm.nih.gov/36180150/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2270377/> • <https://pubmed.ncbi.nlm.nih.gov/28972599/>

## Start Healing At Home With Our Back Pain Ebook



## At-Home Exercise Kindra's Neck Exercises





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## Yummy Recipe: Chicken Enchiladas

### Ingredients:

- 2 cloves garlic, chopped
- 1 red bell pepper, chopped
- 1/2 yellow onion, chopped
- 1 tbsp. neutral oil
- 1 tsp. ground cumin
- 20 oz. enchilada sauce
- 8 oz. crushed tomatoes
- 3 c. cooked, shredded chicken
- 1/4 c. chopped fresh cilantro,
- 2 c. shredded cheddar
- 2 c. shredded Monterey Jack
- Kosher salt
- 8 (8") flour tortillas, warmed
- Sour cream, for serving

**Directions:** Preheat oven to 350°. In a food processor, pulse garlic, bell pepper, and onion until finely chopped. In a large skillet over medium-high heat, heat oil. Add onion mixture and cook, stirring occasionally, until softened, 6 to 8 min. Add cumin and cook, stirring, until fragrant.



Stir in enchilada sauce and tomatoes and cook over medium heat, stirring occasionally, until warmed through, about 2 min. Reserve 3/4 c sauce mixture for topping enchiladas. In a medium bowl, combine chicken, cilantro, 1 c cheddar, and 1 c Monterey Jack. Add 1 c sauce mixture and toss to combine; season with salt. Spread remaining sauce mixture in the bottom of a 13"-by-9" baking dish. Spoon about 2/3 c chicken mixture into the center of a warmed tortilla. Roll up tortillas and arrange seam side down on top of sauce along one short side of baking dish. Repeat with remaining filling and tortillas. Spread reserved 3/4 c sauce mixture on top of tortillas. Sprinkle with remaining cheese. Bake enchiladas until cheese is bubbling and melted, 15-20 min. Top with sour cream and cilantro.

## Personal Training At Columbia

Thank you for your interest in personal training with Achieve Therapy and Fitness! We strive to provide a continuation of care to get you back to your best life possible. Our personal trainers have open dialogue with your Achieve physical therapist to ensure that you continue to build upon the progress you have been making. Whether you need detailed instructions on proper form or you want the accountability to keep consistent with your exercises, we are dedicated to helping you succeed in your fitness and mobility goals!

Visit us at our Columbia location for a tour of the gym or simply sign up for a package at the front desk at any of our locations!

You will receive a \$50 gift card to put towards your first package if you sign up within 30 days of discharge from your physical therapist. We hope to see you soon!

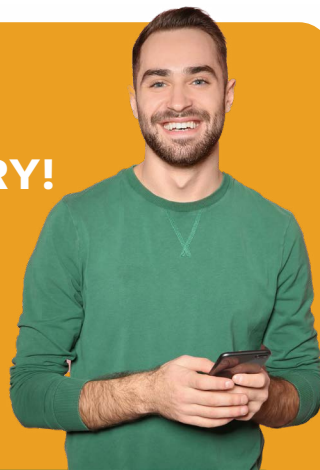
### Personal Training Rates

	Single	Duo	Trio	Quad
5   30 Min Session	\$30	\$27	\$25.50	\$24
5   60 Min Session	\$60	\$54	\$51	\$48
5   30 Min Sessions	\$135	\$121.50	\$114.75	\$108
5   60 Min Sessions	\$270	\$243	\$229.50	\$216
10   30 Min Sessions	\$240	\$216	\$204	\$192
10   60 Min Sessions	\$480	\$432	\$408	\$384



## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review of our clinic. Sharing your experience can help us help more people in the community. We look forward to hearing from you!



[CLICK HERE TO LEAVE YOUR REVIEW](#)

**Get Started At Columbia Today!**

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## Fitness Member Of The Month



Meet Darlene Zimney, our fitness member of the month!

Darlene's favorite thing about Achieve Therapy and Fitness is the friendly, helpful staff, classes and exercise equipment. She enjoys the opportunity to use the equipment any day, any time. Her favorite class is the balance class because it has helped improve her balance and the instructors are easy to work with!

## Staff Spotlight Matt Grasser



Say Hello to Matt!

Matt is a native of Washington State and a 2022 graduate of the University of North Dakota where he earned his Doctorate of Physical Therapy degree. Matt and his wife Amy reside in Grand Forks with their four children and two Australian Shepherds, Hank & Charlie. In his free time, Matt enjoys hunting, fishing, camping, golfing (occasionally) and spending time with his family. He is very much a domestic engineer in that he likes to garden and then can or cook his harvest. Matt also enjoys baking together with his wife and children. Matt acquired his personal motto from his grandfather who told him many times, "Can't, never did anything". His goal in life is to provide a good life for his family.

## FREE WORKSHOPS

### PARK RAPIDS (AT PARK RAPIDS LIBRARY):

March 12<sup>th</sup> 2024 at 5:30 PM | Shoulder Pain  
April 9<sup>th</sup> 2024 at 5:30 PM | Knee Pain  
May 14<sup>th</sup> 2024 at 5:30 PM | Shoulder Pain

### GRAND FORKS:

March 19<sup>th</sup> 2024 at 5:30 PM | Shoulder Pain  
April 16<sup>th</sup> 2024 at 5:30 PM | Knee Pain  
May 21<sup>st</sup> 2024 at 5:30 PM | Shoulder Pain



[CLICK HERE TO REGISTER!](#)

## Staff Birthdays & Work Anniversaries

### Birthdays

Robin Tracy | March 3<sup>rd</sup>  
Tom Carson | March 16<sup>th</sup>  
Paul Funk | March 28<sup>th</sup>

### Anniversaries

Gary Schindler | March 1<sup>st</sup>



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