



HOW TO FIND RELIEF FOR
**RADIATING
NECK PAIN AND
HEADACHES**

Read more inside on How Physical Therapy Helps Neck Pain and Headaches,
Strategies for Stress-Free Leaf Cleanup, and a Healthy Recipe!

[DarienPhysicalTherapy.com](https://www.DarienPhysicalTherapy.com)

Give us a call today at (203) 655-6464

HOW TO FIND RELIEF FOR RADIATING NECK PAIN AND HEADACHES



Do you have neck pain that seems to trigger headaches? Have you noticed that the worse your headaches are, the stiffer your neck and upper back get? At Darien Physical Therapy, our therapist will help you figure out the connection between headaches and neck pain, and more importantly, how to find relief!

Neck pain has a way of interfering with the most basic activities. Getting out of bed and driving to work can become a challenge. Making it through a day sitting at a desk becomes a nightmare. Carrying groceries or attempting to pick up your child when they are upset becomes impossible to do without pain.

Some of these tasks are more difficult to get around than others, and, depending on how the pain is impacting your life, the stress of having to go through extra steps to make basic things happen can get out of hand.

The good news is that with guidance from our physical therapists, you can find solutions to your pain and find out how to manage your headaches. Call Darien Physical Therapy today to learn how to help you live the life you want, with less pain!

What Causes Radiating Neck Pain And Headaches?

Neck pain is one of those types of pain that is difficult to work around. Neck pain will frequently radiate up into the base of your skull and into your head. Once neck pain begins to turn into headaches, attempting to concentrate becomes exceedingly difficult.

There are a large number of culprits that could be behind your experience of neck pain, including accidents, such as a car accident or a slip-and-fall accident. One of the most common ways to trigger pain in your neck that radiates to the head is through weightlifting or other sports-related injuries.

Sometimes what causes your neck pain is a bad habit that you don't think twice about, like watching TV at the end of a long day, keeping your neck at an odd angle as you enjoy your favorite show. Or maybe your headache/neck pain starts from your posture as you type at your desk every day hunched over.

We usually consider these poor habits to be harmless. But the reality is that they could be putting undue stress on your neck, and if you aren't careful, this could translate to a pinched nerve.

When neck pain develops due to a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine-like headaches. The pinched nerve can radiate from the neck into the skull and can cause severe pain.

The cause of the issue isn't always as simple to identify. **Working with a physical therapist at Darien Physical Therapy can help to clarify the source of the pain and, more importantly, the solution.**



Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!

HOW PHYSICAL THERAPY HELPS RADIATING NECK PAIN AND HEADACHES

The good news is that there is a lot you can do to support the healthy operation of your neck, thereby reducing the severity or frequency of your neck pain.

During physical therapy, your neck pain will be addressed holistically, taking into consideration the initial injury that may have caused the pain to develop and any other habits, movements, or compensations that may contribute to the discomfort.

Physical therapy uses strategies like manual therapy, targeted stretching, and strengthening exercises to reduce neck pain. Most of these strategies can be adopted as a home program to help you address your neck pain when it's bothering you the most.

Adopting healthier habits can have a significant impact on your management of neck pain. These include:

- Practicing improved posture
- Using lumbar support in your desk chair and car
- Exercising regularly
- Engaging in yoga or Pilates

One of the primary goals of physical therapy is to address whole-body well-being by encouraging improved overall health. In many situations, this includes improved flexibility and range-of-motion



training, muscle building and strength training, and activities that reduce your stress, including walks or meditation.

The best way to be free of neck pain is to prevent it from developing. The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat. The intelligent thing to do is to consult a physical therapist as soon as possible!

Contact Us For An Appointment

If you're struggling with recurring headaches and neck pain, call Darien Physical Therapy at (203) 655-6464 today for a comprehensive assessment. We're here to help you alleviate and prevent your pain once and for all!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>



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EXERCISE OF THE MONTH SEATED NECK FLEXION AROM

Start by sitting upright in a chair. Slowly bend your head forward as far as you can. Bring your head back up. Repeat 3 sets, 10 reps each.



4 SIMPLE STRATEGIES FOR STRESS-FREE LEAF CLEANUP

For many of us, autumn is one of the most beautiful times of the year. There's nothing like the cool refreshing air and breathtaking fall foliage. However, with the changing of the seasons comes a chore that we all dread- raking leaves.

Thankfully, there are a few easy ways to make raking the leaves more enjoyable. If you need help with your follow through on this chore, keep reading!

1. If you can, rake downhill

Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

2. Pull the leaves towards you as you rake

This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

3. Divide your lawn into sections

If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into



smaller, more manageable sections and spread the work out over a couple days.

4. Wear the proper clothes

To prevent blisters or bug bites, it's important to wear long sleeves and long pants while raking. It's also a good idea to invest in a pair of strong gloves to protect your hands while you work.



WE NEED YOUR HELP!

Would you take a moment to share your Darien Physical Therapy experience on our Google Review page? We make it easy; just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!



APPLE PIE CHIA SMOOTHIE

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

<https://helloworld.co/fall-smoothies/> Photo by Ana Stanciu

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!