



# KNOCK OUT YOUR NECK PAIN

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## KNOCK OUT YOUR NECK PAIN

Have you been experiencing discomfort and pain in your neck during the day when you're running around, trying to keep up with your busy schedule? What about at night, when you're in bed trying to get comfortable enough to fall asleep? You might be experiencing chronic headaches, weakness in your arms, or have a hard time sitting upright for long periods.

Where is this pain coming from? Why is it so severe? And how are you going to get to the bottom of it? These are all questions that the skilled physical therapists at Peak Performance Physical Therapy can help you to solve.

You don't have to continue searching the internet for quick fixes for your problem. Your pain relief journey starts here!

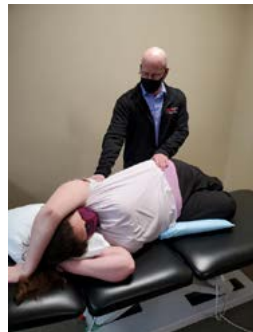
### Why does my neck hurt?

Have you been experiencing these symptoms?

- Headaches
- Numbness or tingling into the upper extremities
- Inability to fully stand up or sit up straight
- Loss of sleep due to pain and discomfort
- Arm weakness
- Stiffness and muscle tightness in the upper body

If you're nodding your head and wincing because it hurts to even do that, chances are that you have suffered from a neck injury of some sort.

There are a large number of culprits that could be behind your experience of neck pain, including events such as a car accident or a slip-and-fall accident, as well as sporting injuries. The reason why neck pain frequently becomes so severe is that blood vessels have to pass through your neck to reach the head.



A spasm in the neck muscles could lead to constricted blood circulation, and therefore migraine headaches. What's worse, since the neck is connected to the spinal column and therefore connected to the nervous system, pain in the neck can quickly develop into tingling or numbness in the hands, arms, and fingers, which can be uncomfortable and frustrating when you are going about daily tasks.

When neck pain develops as a result of a pinched nerve, the radiating neck pain can result in severe headaches, and in some cases, even migraine headaches. The pinched nerve can cause pain to radiate from the neck into the skull and can disrupt the typical nerve pattern.

If you're experiencing chronic pain in your neck, know that there are safer options than surgery and medication that are available to you to combat your discomfort! The answer lies at our clinic, with our physical therapy team.



**Jill Marlan**  
PT, MSPT, OMP, CSCS  
CEO & Founder of  
Peak Performance  
Physical Therapy

## A MESSAGE FROM THE CEO

*Neck pain is one of the most common complaints we treat here at Peak Performance Physical Therapy. Neck pain often leads to headaches, back or chest pain, and could lead to loss of work production or downtime running your household. Numerous studies show physical therapy to be an effective treatment to get you back to a functional level. Our goal is to get you happier, healthier, and doing what you love. If you are experiencing neck pain, schedule an evaluation so we can start helping you reach your peak.*

# TIPS TO PREVENT HOLIDAY STRESS



**Be Realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

**Stick To A Budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

**Try these alternatives:**

- Donate to a charity in someone's name.
- Give homemade gifts.

**Plan Ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

**Learn To Say No.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

**Don't let the holidays become something you dread.** Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

## COLLABORATION CORNER



Dr. Sarah Denham is a Board Certified Family Medicine physician, specializing in integrative and holistic care. She graduated with a double bachelor's degree in science from Michigan State University in 2006. She continued her education at MSU College of Osteopathic Medicine, graduating with her medical school degree in 2011. After completing her residency, she has chosen to stay in the Greater Lansing area to provide care to those patients in search of a holistic integrative medicine physician.

Dr. Denham focuses on the cause of a problem rather than a quick fix. With her own experience of severe illness and recovery using alternative medicine, Dr. Denham is able to relate to struggles and triumphs of being a patient. She loves to work with patients on improving their quality of life by working toward healthier habits and disease prevention. By using less medications and focusing on the true cause of illnesses, she can aid those that strive for a healthier life. Her exemplary knowledge of supplements, women's health, alternative medicine, and use of osteopathic manipulation is beneficial to patients of all diverse backgrounds and lifestyles.

# EMPLOYEE SPOTLIGHT



Jen moved to Lansing after living most of her life in Rochester Hills, MI. She grew up on the east side of the state with her parents and three older brothers. She developed an interest in healthcare at a young age, originally thinking she would be interested in nursing as a future career. In her senior year of high school, she was fortunate enough to be able to participate in practicum which allowed her to job shadow at the local hospital. It was during her time in practicum that she

realized that Physical Therapy was the scope of healthcare she was most interested in pursuing. She went on to attend Oakland University for her undergrad where she graduated with a bachelor's in Health Sciences concentrated in Pre-PT and a minor in Psychology. After she graduated, she went on to attend PTA school at Concorde Career College in San Diego. Living in San Diego was a great experience because it allowed her to enjoy lots of beautiful hikes and gorgeous scenery with her dog. She spent almost two years in San Diego and enjoyed it immensely, but by the time she was heading into her clinical rotations, she had realized that she wanted to come back to Michigan to be close to her family. Not to mention the fact that Christmas is weird when there isn't snow on the ground! So, she moved back to Michigan which allowed her to do her clinical rotations and sit her boards in Michigan. At the same time that Jen was passing her boards, her best friend was being accepted into MSU's Vet School, which is what lead them both to living in Lansing. Now that she lives in Lansing, she is happily employed at Peak Performance Physical Therapy and spending her free time working on a novel during National Novel Writing Month (NaNoWriMo). She enjoys taking her dog on hikes and long walks that allow her to explore the area and spends the rest of her free time reading or writing. In the future, she intends to apply to the bridge program in Toledo, OH to progress her PTA license up to a DPT and be fully licensed as a Physical Therapist.

## CHRISTMAS TOFFEE

### Ingredients

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy



### Instructions

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

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## IS IT TIME FOR YOU TO SEE A THERAPIST?

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