

NO MORE NECK PAIN!

**Is Stress
Causing Your
Neck Pain?**

**Learn how
Dr. Dorenkamp
has your back.**

Does your neck hurt? You might be suffering from stress-related pain — also called a tension headache. During anxiety, muscles tense up. As muscle tension tightens, the back, shoulders and neck are affected. The more pressure they cause, the more discomfort you get. Let's take a closer look at stress-related neck pain.

(Continued inside)

KNOCK OUT YOUR NAGGING NECK PAIN WITH PT!

Pain worsened by keeping your head in one place — like when you're driving, or using a computer — is neck pain. While neck pain has a slew of symptoms, its major symptoms, reported by Mayo Clinic, are:

- Muscle tightness and spasms
- Headaches
- Decreased ability to move the head

Causes of Stress-Related Neck Pain

While stress alone can trigger neck pain, a few factors can make it worse. Office environments tend to create neck pain problems — as they confine people to chairs, bad posture and little mobility. Driving often, too, can make your chances of stress-related neck pain higher.

The U.S. National Library of Medicine suggests contacting a professional if you're experiencing neck pain. Even if it's caused by stress, untreated neck pain might later reveal muscle spasms, arthritis, bulging discs or even narrowed spinal nerve openings.

How Physical Therapy Can Help My Neck Pain

Neck pain, fortunately, can be alleviated with physical therapy. Because neck pain is often caused by activity, different activity can cure it.

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch, flex and relax your neck muscles. In time, your neck will become more resilient — giving you the comfort you deserve. Where aftercare treatment is considered, custom-tailored neck exercises will assure your neck stays loose, limber and healthy.

If you're dealing with neck pain, you're not alone. Call our office today, and schedule an assessment. Even if your neck pain is caused by stress, it still needs attention. We'll work with you and your doctor to meet your goals, creating the proactive, effective programs you need to achieve mobility once more.

Sources:

<https://www.spine-health.com/blog/how-relieve-neck-pain-caused-stress>, <https://www.everydayhealth.com/neck-pain/neck-pain-reduce-stress.aspx>, <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0027055/>, <https://medlineplus.gov/ency/patientinstructions/000802.htm>, <https://newsnetwork.mayoclinic.org/discussion/most-neck-pain-improves-with-self-care-lme/>, <https://www.mayoclinic.org/diseases-conditions/neck-pain/symptoms-causes/syc-20375581>



A MESSAGE FROM THE CEO



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

Like all things, if left untreated stress can worsen. Taking care of your health both physically and mentally is important and at Peak Performance Physical Therapy we treat the whole person. We work with your healthcare team to ensure you are receiving the correct care that will help you heal and get back to life. What I have learned is the "mental game" is as important if not more important than the "physical game" when it comes to recovering from injuries.

Injuries hurt and can leave you frustrated and at times are very stressful. Our goal is to get you feeling strong

and healthy again and ultimately stress-free. Many times, we see patients with neck pain and headaches that can be the root cause of their stress. Studies show physical therapy can be an effective treatment to get you back to a functional level both mentally and physically. We are here for you and we want to help you get back to enjoying all the fine things in life stress-free and pain free. If you are experiencing pain and stress, don't wait until you can no longer go on. Call us and schedule an evaluation today. We will get you to reach your Peak in no time!

DIRECT ACCESS WITH PEAK PERFORMANCE PHYSICAL THERAPY



Your health is important
and your time is invaluable

DIRECT ACCESS

PEAK
PERFORMANCE
Physical Therapy

Get better faster with direct access to physical therapy.

In 2014, Jill Marlan, CEO and Owner of Peak Performance Physical Therapy, along with fellow health care professionals and state legislators, banded together to pass a new law allowing Michigan Residents to access care from a Physical Therapist (PT) or Physical Therapist Assistant (PTA) without prior authorization from their doctor. This was a huge win for Michigan residents and the medical community.

What is direct access?

Public Act 260 of 2014 says that PTs and PTAs can provide direct access to physical therapy to patients without prior authorization or referral prescription. However, most insurance carriers still require a signed plan of care from a physician to bill your insurance. Please check with your

insurance company to determine if you can use your benefits to cover direct access to physical therapy care.

Direct access law says that a patient can receive care from a PT or PTA for up to 21 days or ten visits before requiring a referral or prescription from their doctor.

At Peak Performance Physical Therapy, our goal is to help people in pain get better without invasive procedures like surgery, injections, or narcotics.

Call us today to schedule your next appointment:

517-853-6800

COLLABORATION CORNER



Visit <https://www.michiganortho.com/team/dorenkamp.php>
to learn more about Dr. Dorenkamp.



Dr. Dorenkamp is compassionate about providing patient driven and patient specific care. It is Dr. Dorenkamp's philosophy that motion is one of the keys to living a healthy life. This has directed Dr. Dorenkamp to devoting his career in medicine to orthopedic surgery with a focus in spine surgery. Fundamentally, orthopedics is centered around improving mobility in patients through treating musculoskeletal pathology. Dr. Dorenkamp furthers this by expanding his practice to spinal pathology. In his spine fellowship, Dr. Dorenkamp has trained extensively in both cervical and lumbar spinal decompression, spinal fusion, and trained with national leaders in motion preservation total disc replacements. He works with his patients to collaboratively address their pathology through both conservative and operative interventions.

STAFF SPOTLIGHT



DAVE TYLER, PT

Dave grew up in the metro Detroit area playing sports and graduated from Walled Lake Western. He spent a good amount of time in the training room in high school and enjoyed working with the athletic trainer. He wasn't sure what he wanted to do going into college, and his experience with his high school ATC pushed him towards sports medicine at CMU. After finishing his undergrad and becoming a certified athletic trainer, Dave immediately returned to graduate school for physical therapy and graduated in 2004. He enjoyed his time at Central and moved to Grand Rapids, where he had worked until December of last year.

**LISA MULROY,
PATIENT CARE COORDINATOR**

My name is Lisa and I have been transplanted from the Virgin Islands, with a 25-year layover in the Upper Peninsula! I am a single mom, to a 6'4 giant (I'm 5'2...) who wears a size 16 shoe. He's currently buried under 31 inches of snow, that they received up there, in 3 days! I'll take the risk, of living under the bridge!!

I'm a Patient Care Coordinator, at Peak Performance Physical Therapy. I love helping people, and this position puts me right on the front line. I'm one of the first interactions that you have with our company, so it's important for me to start you off on the right track. I also hold the unique title of Cultural Ambassador, which in essence, I try to find ways to alleviate the stress that my coworkers and patients may be dealing with! Whether it's whipping up



some cupcakes, scouring the internet for fun "National Days" (ie. National Anything on a Stick Day), or getting the patients involved in our Halloween spirit week!! Stress is never easy and can be hard to deal with, but if you can find 10 minutes a day, doing something that you find relaxing, it can make a world of difference!

PEAK
PERFORMANCE
Physical Therapy

5-STAR REVIEW

"Alex and the rest of the team at Peak Performance Physical Therapy in Dewitt are awesome! From the time you walk in the door, they treat you like family. It was such a wonderful experience I almost forgot I was doing physical therapy. They really listen to you about what's wrong and what's going on in order to focus treatment. Depending on how I was feeling each session, they would tailor it each time so I could get the most out of each visit. I would certainly recommend them to anyone in need of physical therapy. I'm sure I will be back again as my mind says I'm 20, but my body has other thoughts!" - *Michael S.*

IS IT TIME FOR YOU TO SEE A THERAPIST?

Call or visit us online today to schedule your next appointment! Scan the code below with your smartphone to start your journey now.



517-853-6800

