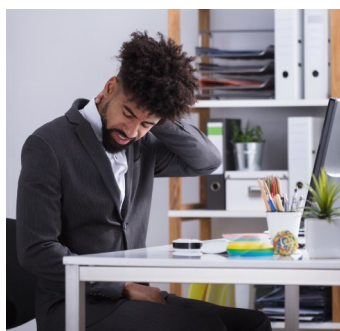




National Stress Awareness Month!



5 Steps to Relieve Headaches

Our daily schedules can be very demanding and cause extra stress on our bodies both mechanically and mentally. That mental stress changes hormone production in the body, increases muscle tension, and decreases the threshold for pain tolerance. Mechanical and mental stresses go hand in hand to set you up for common neck pain and headaches. **How can you prevent that painful headache?**

For many people, headaches are part of their daily lives. They have to take over-the-counter medication on a frequent basis just to get through the day. However, it does not have to be this way, if you understand some of the fundamental concepts that trigger headaches.

A headache is actually a complicated condition. It involves the misfiring of thousands of nerve endings. The most common causes of headaches are problems with the function of the muscles in the upper neck. The upper neck is one of the most complicated areas of the body with many muscles, complex joints, major arteries, spinal cord, and balance sensors.

5 Steps to Relieving Headaches

- 1) Improve blood chemistry with proper breathing** - Without knowing it, daily stress causes your breathing to be shallower. **Take time throughout the day to stop what you are doing and focus on taking breaths in for 6 seconds and out for 8.** Use your diaphragm muscle instead of your shoulder muscles, by making your belly expand.
- 2) Stretch your chest and neck** - When you are sitting at a computer, the tendency is to slouch, bringing the shoulders forward, weakening the upper back muscles, while tightening the chest and neck muscles. **A physical therapist can teach you exercises to properly stretch.**
- 3) Strengthen your mid and lower back muscles** -

With prolonged sitting the mid and lower back muscles weaken. This causes additional strain on the neck muscles and makes you prone to cervicogenic headaches. There are specific exercises to help you build these weakened areas. Talk to your physical therapist about which exercise program can help you target and strengthen these areas.

4) Hydrate - The vast majority of Americans are chronically dehydrated. Many sodas, coffees and teas are diuretics, which cause your body to eliminate water. The brain requires a certain level of hydration to function properly and remove normal wastes. Being dehydrated causes these toxins to back up, increasing the tendency for headaches.

5) Improve your posture - The further protruded your neck becomes, the greater the weight and tension on your neck muscles. When you have proper posture, your head is balanced on your neck at about 10-12 pounds. With forward head posture, this can actually increase and be equivalent to 60 pounds of strain on your neck muscles throughout the day. No wonder you get a headache at the end of the day! Physical therapists are trained to examine your posture and work on specific hands-on techniques and exercises to restore normal alignment of your spine.

Take a Walk with LSTC!

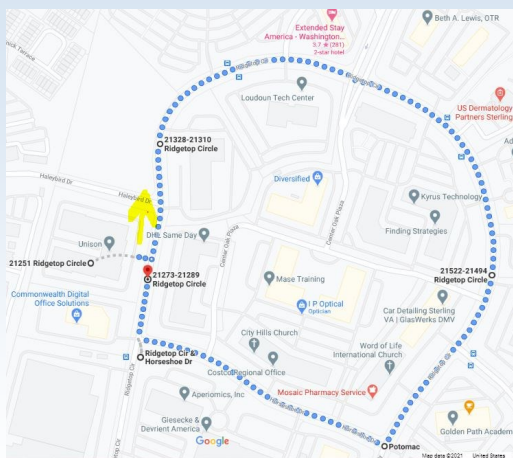
Come Take a Walk with LSTC!

FREE event, FREE fun, and FREE Raffles!

WHEN: Wednesday, April 7th at 12:30PM

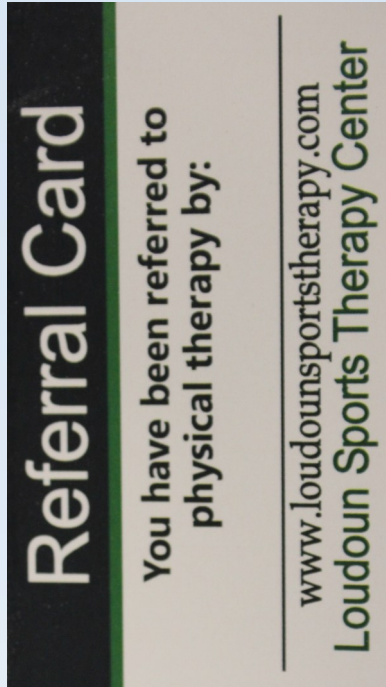
WHERE: Right here at LSTC (21251 Ridgetop Circle, Suite 140, Sterling, VA 20166)

WHAT: Let's start spring off on the right foot! Come take a 30-minute walk with us to celebrate fitness! (MASKS REQUIRED)



Call us at 703-450-4300 or email promo.lstc@gmail.com to register!

Our Patient Spotlights *Success at LSTC*



I HAVEN'T HAD A HEADACHE IN WEEKS!

"This was my first time getting PT, and I am now a believer! 2 months ago when I started I had headaches and neck pain, that radiated down my shoulder and arm. After 12 visits I can say that all of my pain is gone and I haven't had a headache in weeks! ~**Michael**



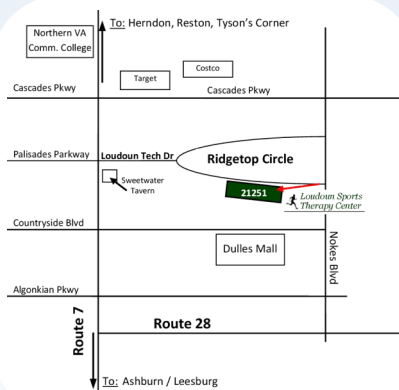
I CAN SLEEP THROUGH THE NIGHT!

"When I started, I was in constant pain in my neck/shoulders with tingling down my arms/fingers. There was no relief even at night. Last night was my first uninterrupted sleep. Although I still have some pain, it is not as bad as when I started. There has been a lot of relief!!" ~**Veronica S.**



I FEEL SO MUCH BETTER!

"I was having pinching nerve issues before coming to Loudoun Sports Therapy Center. After having 5 weeks (15 sessions) of therapy, I got much more flexibility with my neck, shoulder, and arm. I am feeling much better! Thank you guys, Leah and Jenna. Thank you so much!" ~**Srihari G.**



21251 Ridgetop Circle, Suite #140
Sterling, VA 20166
703-450-4300
www.loudounsportstherapy.com

Loudoun Sports Therapy Center
Orthopedic and Sports Physical Therapy

Outpatient Physical Therapy Specializing in:

* Lower Back Pain * Neck Pain * Sciatica *
Hip Problems * Shoulder Pain * Bursitis *
Tendonitis * Frozen Shoulder
Joint Pain and Replacements * Foot and Ankle Pain * Plantar Fasciitis * Knee Problems
* Arthritis * Muscle Pains * Sprains *
Strains * Hand, Wrist, and Elbow Problems *
Sports Injuries *
Sports Performance Program * Ergonomics
* Runners Program * Other Conditions