



## LSTC Helps Patients Handle Neck Pain, as a Result of Stress

Many patients experience neck pain but aren't sure what is causing their pain. They may not recall changing anything in their routine or moving differently that could cause them to be in pain. **One source that could be to blame is stress.** *April is National Stress Awareness Month* and there are many stressful influencers in their lives right now. **Could stress really be causing me to physically hurt? The answer is yes.**

Stress can Cause Patients to experience:

- Muscle Tightness
- Headaches
- Loss of Motion
- Pain in other areas, not just the neck



The tension of stress can cause the small muscles in their neck to tighten up and stiffen which can cause pain. This can also cause patients to lose motion in their neck and make it harder for them to turn and rotate their head. The tight muscles can also cause some to experience nagging headaches. In some cases, the tight neck muscles can start to compress nerves and pull on other muscles so that it feels like their pain is travelling to other parts of their body

Here at Loudoun Sports Therapy Center we see many patients in the clinic with stress related neck pain that get great results with the help of physical therapy. We find stretches and strengthening exercises catered to each individual's needs as well as hands on techniques to release tight muscles and reduce headaches. We also use education to help reduce stressful influencers and offer ways to help them manage stress.

### Top 5 Reasons to send Your Patients to LSTC:

1. NEXT DAY APPOINTMENTS AVAILABLE
2. ALL INSURANCE PLANS ACCEPTED
3. HIGHLY TRAINED PHYSICAL THERAPISTS WHO GIVE THE BEST CARE IN THE AREA
4. PHYSICAL THERAPISTS AND LPTA's WORK ONE-ON-ONE WITH ALL PATIENTS WITH CERTIFIED ATHLETIC TRAINERS AS SUPPORT STAFF
5. INDIVIDUALIZED TREATMENT PLANS TAILORED TO PATIENTS' NEEDS

**At Loudoun Sports Therapy Center, our clinicians are experts at helping your patients for live a pain free and active life.**

**Call our office today at 703-450-4300 and schedule your patients physical therapy appointments.**



"Prior to coming to LSTC I was having neck pain on the right side that limited my range of motion, disrupted my sleep, and kept me from doing certain yoga moves or playing golf. Now, after working through the stretches and strengthening exercises, and the therapists manual therapy on specific areas of my neck, I feel like myself again!"

## Our expert staff can help your patients with:

### ALL orthopedic conditions:

- Neck and back
- Hip and knee
- Ankle and foot
- Shoulder
- Elbow, wrist and hand
- Pre and Post-surgical rehabilitation
- Sports Injuries



"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!"

# We Make Referring Patients EASY!

**Let Loudoun Sports Therapy Center help you get your patients back to pain-free living NOW!**  
We take the headache out of referring your patients for physical therapy.

We provide fast, concise and easy-to-read reports sent to your office to keep you Informed of your patients' progress. It's our job to get the results you **and** your patients want so they THANK YOU for referring them to us.

**Refer your patients to Loudoun Sports Therapy Center and we will help them get back to PAIN-FREE LIVING!**

**We make it easy. Call 703-450-4300 or simply FAX prescriptions to 703-450-5113.**



# Loudoun Sports Therapy Center™

*We help you LIVE LIFE PAIN FREE with Physical Therapy!*