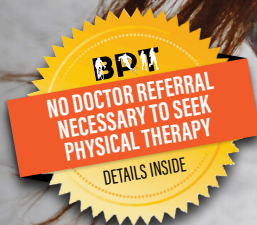




## Neck Pain And Headaches From Skiing? We Can Help!

### *See Inside*

- *Neck Pain And Headaches From Skiing? We Can Help!*
- *How Will Physical Therapy Help Me?*
- *Healthy Recipe*
- *Patient Success Spotlight*
- *Exercise Essentials*



**WE ARE OPEN!**



## Neck Pain And Headaches From Skiing? We Can Help!

If you're noticing persistent pain from a ski-related injury, we can help. Perhaps the worst aspect of chronic pain is knowing you'll have to deal with your pain day after day. Chronic pain has a way of interfering with even the most basic activities. Simple tasks such as getting out of bed, driving to work, sitting at your desk chair, or picking up your child can become challenging. The stress of going out of your way to complete everyday activities can also create frustration and feelings of isolation.

Neck pain and headaches are common injuries that can develop from skiing, and with the cold weather coming up, we want to make sure you are able to enjoy the winter activities you love without discomfort.

Neck pain is especially hard to work around because it is such an integral part of your body. Pain in the neck and back will frequently begin to radiate the longer it hangs around, and that could mean shooting pain up your neck and back, all the way into the base of your skull – making it difficult to get back on the slopes.

It is also common for neck pain to cause headaches, making it difficult to concentrate throughout the day. Fortunately, Breckenridge Physical Therapy is equipped in treating your neck pain and headaches, so you can get back to living your life comfortably and doing the activities you love!

### WHY AM I EXPERIENCING NECK PAIN FROM SKIING?

There are a large number of culprits that could be behind your neck pain. Some of the most common causes of neck pain are accidents or sports-related injuries, such as sustaining a fall on the slopes. The reason why neck pain frequently becomes so severe is due to the fact 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, causing migraine headaches. 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. This can be uncomfortable and frustrating when you are going about your daily tasks.

When neck pain develops as a result of a pinched nerve, the radiating neck pain can result in severe headaches or migraine headaches. The pinched nerve can cause pain to radiate from the neck into the skull, which can disrupt typical nerve patterns. Working with a physical therapist can help you address pain caused by a pinched nerve, and therefore can reduce the severity of headaches that develop as a result of neck pain. Your physical therapist can also let you know when it is safe to continue skiing without pain.

# How Will Physical Therapy Help Me?



BRECKENRIDGE  PHYSICAL THERAPY

**SPECIAL OFFER!**

## **FREE KNEE PAIN CONSULTATION**

Redeem this coupon at Breckenridge Physical Therapy for a free pain consultation with your physical therapist!

*This offer expires November 30, 2020.*

Working with a physical therapist is the best way to address ski-related neck pain. Your physical therapist will work with you to reduce the severity and frequency of your neck pain/headaches, in order to support the healthy operation of your neck and get you back to your normal physical function.

During physical therapy, your neck pain will be addressed holistically, taking into consideration the initial injury that may have referred the pain to develop. You and your physical therapist will also discuss any habits, movements, or compensations that may be contributing to the discomfort.

Physical therapy takes advantage of specialized strategies, such as massage, stretching, and muscle training. This is all done to reduce your neck pain, and many of these strategies can also be adopted at home or on the go, in order to help you address your neck pain when it is bothering you the most.

### **CONTACT BRECKENRIDGE PHYSICAL THERAPY FOR RELIEF FROM YOUR PAIN!**

If skiing has caused you to develop neck pain and/or headaches, don't hesitate to contact us today.

One of the primary goals of physical therapy is to address overall wellbeing by encouraging improved health. This includes strength and range-of-motion training, improved flexibility, and muscle building.

Overall, the best way to free yourself from neck pain and get back to doing the activities you love with ease is to prevent it from occurring again. Your physical therapist can provide you with the resources you need to manage your pain and decrease the risk of it reoccurring.

In addition to the activities leading to your neck pain, the neck and shoulders are also some of the most common places to carry that stress. Because of this, your physical therapist can provide you with the proper postural techniques for skiing, so you can hit the slopes once again without discomfort.

If your neck pain is limiting you from enjoying your winter activities, contact Breckenridge Physical Therapy today. The longer you let neck pain linger and disrupt your life, the more difficult it becomes to treat.

**Schedule your consultation today and get started on the path toward finding relief from radiating neck pain and headaches – so you can continue to do the activities you love!**

## **No Doctor Referral Necessary To Seek Physical Therapy**

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a doctor referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Save time



Save money



Improve your health naturally



Call Breckenridge Physical Therapy at **970.485.3421**, or visit our website at [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com) to schedule your appointment today!

# Patient Success Spotlight



**“THEY ARE A  
WONDERFUL TEAM.”**

*“Everyone in this office offers a friendly, comfortable attitude. There is trust and confidence with each other. My husband and I have been treated for a variety of issues with great resolve. For my pre-cervical fusion, Justin managed to get me off of opioids and out of pain. My husband had knee surgery and has been able to get strength back in his leg and walk better. We always get great results! They are a wonderful team.” - D.P.*

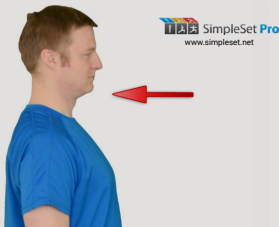
**Want results like this? Call Breckenridge Physical Therapy at 970.485.3421 to schedule your appointment today!**

## Exercise Essentials

Helps With Neck Pain

### RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders. Repeat this exercise 3-5 times.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.



## Crockpot Chicken Noodle Soup

Healthy Recipe

### INGREDIENTS

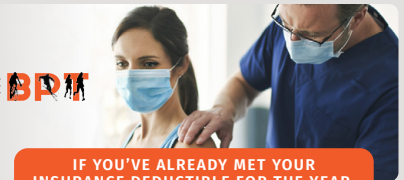
- 1 1/2 lb. boneless skinless chicken breasts
- 1 large onion, chopped
- 3 carrots, peeled and sliced into coins
- 2 stalks celery, sliced
- 4 tsp. sprigs fresh thyme
- 4 tsp. sprigs fresh rosemary
- 3 cloves garlic, minced
- 1 bay leaf
- Kosher salt
- Freshly ground black pepper
- 10 c. low-sodium chicken broth
- 8 oz. egg noodles

### DIRECTIONS

In a slow cooker, combine chicken, onion, carrots, celery, thyme, rosemary, garlic, and bay leaf and season generously with salt and pepper. Pour in broth. Cover and cook on low, 6 to 8 hours. Remove chicken from slow cooker and shred with two forks. Discard herbs and bay leaf. Return chicken to slow cooker and add egg noodles. Cook on low, covered, until al dente, 20 to 30 minutes.

[breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)

## Have You Already Met Your Annual Insurance Deductible?



**IF YOU'VE ALREADY MET YOUR INSURANCE DEDUCTIBLE FOR THE YEAR, THEN YOUR COST OF PHYSICAL THERAPY COULD BE MINIMAL OR COMPLETELY COVERED BY YOUR INSURANCE PLAN.**

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered yes, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.