



MedRehabGroup  
PHYSIOTHERAPY

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

## THE CONNECTION BETWEEN NECK PAIN AND HEADACHES



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INSIDE:

- THE PROBLEM WITH POSTURE
- EXERCISE ESSENTIALS
- 3 TIPS TO IMPROVE NUTRITION IN THE FALL



## THE CONNECTION BETWEEN NECK PAIN AND HEADACHES

Headaches have a bad habit of making their appearance at the most inconvenient times. The middle of the workday, early in the evening when you have hours of responsibilities ahead of you, or even first thing in the morning when you are trying to pay attention to your morning meeting — headaches don't care how important the work ahead of you is. When they start, they are hard to stop.

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents, to stress and allergies, headaches happen to the best of us. However, there are some headaches that may be a bit more predictable than others. Factors like your posture, the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk for experiencing regular headaches because of the intricate network of nerves and muscles in your neck.

### WHEN NECK PAIN LEADS TO HEADACHES

The majority of the time, neck pain starts out as a seemingly small concern. A crick in your neck here or there may start to develop more frequently, and before you know it, your experience of neck

pain is something you are dealing with daily. It isn't always the result of something large. While being in a car accident or experiencing another sort of injury can definitely lead to chronic neck pain, the cause of the issue isn't always as simple to identify. Sometimes it is a bad habit that you don't really think twice about, like your habit of watching TV as you fall asleep, keeping your neck at an odd angle as you rest for the evening, or maybe as a result of your posture as you type at your desk every day, hunched over at the shoulders with your neck catching the brunt of your slouch.

These poor habits are common, and most of us consider them to be harmless. Sure, you know it isn't great for you, but what is actually going to happen? It's a lot easier to slouch as you type, and who doesn't want to catch a few late-night laughs as they fall asleep? But the reality is that these seemingly irrelevant habits could be putting undue stress on your neck, and if you aren't careful, this could translate to regular and uncomfortable headaches that are difficult to get rid of.

Come back in for physiotherapy!

Give us a call at (888) 409-4058 or visit

[www.medrehabgroup.com](http://www.medrehabgroup.com)



# The Problem With Posture

Working with a physiotherapist can help you to identify whether or not your headaches may be the result of neck pain or strain. One of the most common causes of headaches due to neck pain is forward head position. Forward head position means that when you are resting your head, you are continuing to hold your head slightly forward, which is a type of slouching position.

You can identify whether or not you have a forward head position by standing straight against the wall and determining whether or not your head rests against the wall as your back does. If your head does not touch the wall when you are standing straight, then you aren't fully standing up straight! As years go by and day after day you continue to hold your head in this forward position, you can start to experience pain as a result of strain in the muscles of the neck.

When this is an issue, working with a physiotherapist may be able to help. Stretching the muscles in your neck to alleviate neck strain can reduce the severity and regularity of your headaches. Stretching the muscles that have grown tight along the back of your neck as well as those along the shoulders can help you find relief from the tension that is causing your pain.

When dealing with neck pain, it is important to remember that safety has to come first. While there are many simple activities you can try at home to begin stretching your neck muscles, working with a physiotherapist is the only way to ensure that you are stretching in a way that won't potentially lead to greater injury. For more information, contact us.



## Don't Let Your Insurance Benefits Go To Waste!

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.

Let us help you get a head start going into 2022, before your deductible renews again!

## Exercise Essentials

Try this movement to improve your posture.

### SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.



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*Always consult your  
physiotherapist or physician  
before starting exercises you  
are unsure of doing.*



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# 3 Tips To Improve Nutrition In The Fall



## HARVEST YOUR HERBS

Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.

## BECOME A SOUP CHEF

Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.

## MAKE A NEW FERMENTED FRIEND

Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.

# Our Patients Get Great Results!

"MedRehab Group is a great choice for physiotherapy. The North York Clinic front desk staff is friendly, patient and helpful. The physiotherapist are knowledgeable, encouraging and supportive. I am so glad I choose to go to North York Clinic. Bhavisha, my Resident PT, is outstanding she is friendly, very helpful and really listens to my questions and addresses the mobility problems I am having. I would highly recommend."

- 5-Star Google Review

# Leave Us A Review!

Have you been loving MedRehab Group? We would love to hear! Scan the QR Code to leave us a review!



Enter for the chance to win \$10 off of your next visit by leaving us a Google Review!

# Covid-19 Precautions

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS