

Brostrom Physical Therapy

-- Monthly Newsletter --

September 2019

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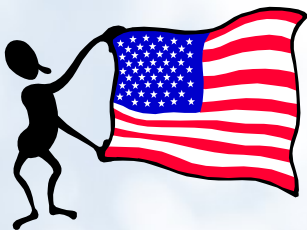
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Brostrom Physical
Therapy would like to
thank the service men
and women of
The United States for
preserving our
freedom.

Quote of the Month:

"I will never forget
seeing what hate can
destroy and I will
never forget seeing
what love can heal."

-- Steve Maraboli

"Text Neck": Neck Pain from Using Electronic Devices

From the desk of: Amy Waltz, PT, MPT, CLT

Neck pain can be a result of many different factors. One emerging problem is what is termed "text neck". In short, this is neck pain from the use of electronic devices arising from the posture we assume while looking down at phones, computers and other electronic devices that we hold in our hands. While using these devices, we tend to look down for extended periods of time which means that our chin is down towards our chest in a "flexed" position, reversing the natural curvature of the cervical spine. This in turn, creates a lot of strain on the muscles in our neck to hold the weight of the head in this position. This strain can cause symptoms such as neck pain, muscle spasms, headaches, and even low back pain.



Electronic devices are almost a necessity in today's world so eliminating them from your life to reduce your pain is not a practical answer. Instead, improving your posture while using the devices as well as intermittent time in the static position of your head down will help as well. Stretching and strengthening exercises to the neck muscles can also be very effective in reducing the pain and preventing further issues with the structures of the neck.

A trained physical therapist can educate you on how to safely use your electronic device by discussing postures that will help reduce the strain on the neck structures, stretches to be done to reduce the tightness that can develop, as well as strengthening exercises to improve the body's ability to hold the weight of the head with less issue. Hands on therapy, modalities, and other exercises and education are additional ways that a physical therapist can use to help reduce neck pain arising from the use of hand held electronic devices.



Stretches to Help Relieve Sciatica Pain*

Knee to Chest Stretch

1

1. Lie flat on your back on the floor. Place a pillow or cushion under your head for support.
2. With your knees bent, keep your feet planted hip width apart.
3. Bend one knee up towards your chest and hold it with both hands for 30 seconds.
4. Repeat 3 times alternating legs.



Seated Hip Stretch

2



1. Sit in a chair with your feet on the floor and knees bent at a 90 degree angle.
2. Raise the affected leg up and cross that ankle over the opposite knee.
3. Gently bend forward over the crossed leg, holding 15 to 20 seconds before releasing.

Modified Cobra

3

1. Lie on your stomach, legs extended and together, elbows bent with palms resting on the floor by the chest.
2. Push through the palms and partially straighten the elbows to lift your chest off the floor.
3. To carry out the full cobra, fully straighten the elbows, lifting the chest further off the floor. Hold for 5 seconds at the top and return to the starting position. Repeat up to 10 times.



-- Recipe of the Month: Cinnamon Apple Chips --

Ingredients:

- 2 apples, thinly sliced
- 2 tsp. sugar
- 1/2 tsp. cinnamon



Yields:

2

Prep Time:

5 minutes

Total Time:

3 hours

Directions:

- Preheat oven to 200°. In a large bowl, toss apples with sugar and cinnamon.
- Place a cooling rack onto a baking sheet. Lay apple slices onto baking sheet so that no apples overlap. Cook for 2-3 hours, flipping apples halfway through.
- Bake until dried out but still pliable. Apples will continue to crisp while cooling.

With credit to: <https://www.delish.com/cooking/recipe-ideas/recipes/a55596/healthy-apple-chips-recipe/>

*Brostrom Physical Therapy is not responsible for any injuries that may occur while performing these stretches. Before starting any exercise program, you should consult a certified health professional.

If you want more stretches or have questions regarding Sciatica Pain, please speak with one of our qualified Physical Therapists. We recommend that you consult with your Physician prior to beginning any exercise routine.

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