

# Brostrom Physical Therapy

-- Monthly Newsletter --

September 2020

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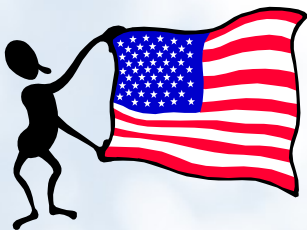
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Brostrom Physical  
Therapy would like to  
thank the service men  
and women of  
The United States for  
preserving our  
freedom.

## Quote of the Month:

"Kindness is  
language the deaf  
can hear and the  
blind can see."

-- Mark Twain

## "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.

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

\*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.

## -- Recipe of the Month: Butternut Squash Risotto --

### Ingredients:

- 7 cups low-sodium chicken broth
- 1 Tbsp. extra-virgin olive oil
- 1 small onion, chopped
- 2 Tbsp. butter, divided
- 4 cups butternut squash (approx. 2.5 pound squash)
- 3 cloves garlic, minced
- 2 cups arborio rice
- 1/2 cup white wine
- 1 cup freshly grated Parmesan
- 2 Tbsp. freshly chopped



### Yields:

8 servings

### Prep Time:

15 minutes

### Total Time:

55 minutes

### Directions:

- 1) In a medium saucepan over medium heat, bring chicken broth to a simmer. Reduce heat to low.
- 2) In a large pot or Dutch oven, heat oil. Add onion and cook, stirring often, until beginning to soften, about 5 minutes. Stir in squash, 1 tablespoon butter and garlic. Cook until the squash is beginning to color around edges and then soft, about 6 minutes. Season with salt and pepper.
- 3) Stir in remaining tablespoon butter arborio rice, stirring quickly. Cook until the grains are well-coated and smell slightly toasty, about 2 minutes. Add the wine and cook until the wine has mostly absorbed.
- 4) With a ladle, add about 1 cup hot broth. Stirring often, cook until the rice has mostly absorbed liquid. Add remaining broth about 1 cup at a time, continuing to allow the rice to absorb each addition of broth before adding more.
- 5) Stir often and cook until squash is tender and risotto is al dente and creamy, not mushy, about 25 minutes. Stir in Parmesan and sage, then season with salt and pepper before serving.

With credit to: <https://www.delish.com/cooking/recipe-ideas/recipes/a44148/butternut-squash-risotto-parmesan-recipe/>

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