Magnolia Physical Therapy

Newsletter



FIND RELIEF FROM HEADACHES

Is The Key In Your Shoulders? Find Out Inside...

MAGNOLIA Physical Therapy

Freedom From Pain

Newsletter



How Stronger Shoulders RELIEVE HEADACHES

Have you ever felt a pounding headache start to come on, especially later in the day? This is sign of muscle spasms in the neck and scalp as a result of abnormal stress and strain. Believe it or not, this could be caused by poor shoulder and upper back strength.

Your trapezius muscles form a large triangle that start from the base of your skull, connecting all along the spine from the upper neck down to your mid back. They extend out to the tip of your shoulder blades, forming the triangle. The trapezius muscles are split up into three groups, the upper, middle and lower trapezius. We commonly notice the upper trapezius muscle getting tight and sore.

Poor posture is to blame

With forward slouching posture during sitting and standing, the middle and lower trapezius muscles become chronically stretched out. This results in weakness and an inability to correctly support your posture.

Throughout the day as you use your head, neck and shoulders, the upper trapezius and other neck muscles become overused. This can then cause spasms of the arteries in the upper neck and scalp (vasospasms), which is one of the main symptoms of a headache.

Over time this unfortunate cycle of poor posture, weakness, spasms and headaches can lead to long-term changes in the neck structures, even early arthritis. However, improving the cervical (neck) and upper back motions can easily be accomplished with the right physical therapy. Furthermore, our physical therapists can quickly pinpoint the specific muscle groups to target to restore normal posture and function. The result is long-lasting headache relief, where you can finally stop taking the Advil or Tylenol. Call us today to discover how we can help your neck move freely and get rid of those headaches for good!

Eating Right Never Tasted So Good!

RASPBERRY PEACH COBBLER WITH OATMEAL PECAN CRUMBLE

Prep Time: *10 mins* ***Cook Time:*** *30 mins* ***Total Time:*** *40 mins*

INGREDIENTS:

- 3 large peaches, skinned and cut into ¼" slices
- ½ cup of fresh raspberries
- juice of 1 lemon
- ⅛teaspoon of ground cinnamon
- 1 tablespoon of arrowroot

Oatmeal Pecan Crumble:

- ⅛cup of rolled oats
- ⅛cup of white whole wheat flour
- ¼ cup of pecan, chopped
- ⅛cup of brown sugar
- ½ teaspoon of ground cinnamon
- ¼ teaspoon of ground nutmeg
- 2 tablespoons of butter, melted
- Optional: Vanilla Bean Ice Cream

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. In a small bowl, add peaches, ground cinnamon, arrowroot, and lemon juice. Toss to coat.
3. Add raspberries and gently toss.
4. Add raspberry peach mixture to a small sprayed 4x4 baking dish.
5. In a small bowl, add rolled oats, white whole wheat flour, pecans, brown sugar, ground cinnamon, ground nutmeg, and melted butter. Mix until combined.
6. Sprinkle on top of raspberry peach mixture.
7. Bake for 30 minutes.

**Recipe/Photo Credit: https://www.joyfulhealthyeats.com



PRACTICE NEWS



Located in the Pythian at 234 Loyola Ave.

New Clinic Opening Soon

We would like to announce our new CBD clinic that is scheduled to open early March.



3 Natural Ways To Relieve **Headaches**

1. Improve your posture

Most headaches are caused by poor mechanics of the neck and upper back joints. Evaluate the way you sit at a desk, at home and how you carry yourself when walking. The simplest way to improve your posture is to pretend you have a string gently pulling you upward from the top of your head.





2. Strengthen your shoulders and upper back

By improving the muscle support of the mid and upper back; your body can cope with normal everyday reaching tasks. This decreases the strain on the neck muscles and allows you to move more naturally. At first, when exercising these weakened areas, your headaches may continue to be variable. However, after several weeks of exercising the shoulder and upper back muscles, your headaches will improve.



3. Improve your flexibility

Muscles and tendons need to be flexible and elastic to help your neck joints move in the proper sequence. Take time during the day to gently stretch your neck side to side, rotating and down / up. Improving your chest and upper back flexibility, helps to restore normal posture and reduce strain to the neck. After all, you are balancing the weight of a bowling ball on top of your neck.

Naturally relieve your headaches, neck, upper back or shoulder pain with physical therapy. Physical therapy is the only medical science that works on these 3 natural ways to restore your body to better posture, flexibility and strength. Call us today to learn more about our special programs that help you live your life headache and pain free.

Exercise Essentials

Try these simple exercises to keep you moving... Share this with a friend or family member to help keep them healthy too!

Helps With Poor Posture

PRONE THORACIC EXTENSION

Squeeze shoulder blades together and lift head and shoulders off table. Repeat 10 times.



