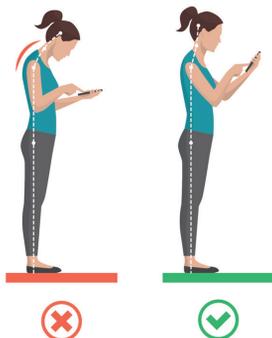


TIP OF THE MONTH



Is Your Phone Giving You Neck Pain?

If you spend a good bit of time on your phone, you have probably noticed that after a while, your neck may start to bother you. This is because for every inch of forward head posture, it can increase the weight of the head on the spine by an additional 10 lbs.

(Kapandji, Physiology of Joints, Vol. 3)

To break it down:

- 0 degrees (10-12lbs)
- 15 degrees (27 lbs)
- 30 degrees (40lbs)
- 45 degrees (49lbs)
- 60 degrees (60lbs)

How can you avoid or prevent neck pain while texting or using your phone? We've come up with a few solutions!

1. Raise your phone: Hold your phone eye level so that you don't have to tilt your head downward. If you are on a couch or bed, prop your head on pillows as you lay down so that your neck is supported while you use your phone. Using your eyes to look down and not your neck can also reduce symptoms
2. Stretch: Stretching can release some of the tension built up in your neck from holding the phone in one position throughout the day. Your physical therapist can work with you to recommend certain exercises as well as show you how to do them properly.
3. Be aware of posture: Practicing good posture can help you become more aware of how you hold your neck. Work on keeping your head up and shoulders back.
4. Take breaks: If you notice that your neck starts to hurt, take a break from using your phone and move to either a desktop or another activity all together.

If your neck pain becomes chronic and you are not able to find relief without the use of pain medication, call us to schedule an appointment. Our licensed physical therapists specialize in spine, neck and back pain. If you are experiencing pain or issues due to poor posture, we can help. For more information on how posture can affect head and neck pain, [click here](#) today.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Be Yourself; everyone else is already taken”

— Oscar Wilde

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Cinnamon Coconut Muffins

If you're looking for a way to have some comfort food, but also trying to stick to your diet, this is the recipe you've been looking for. We've been trying these out and when it comes to breakfast, it's hard to beat these. This recipe makes 6 regular sized muffins so you may need to increase the recipe for larger families.



Ingredients:

- 3 large eggs
- 1/4 cup coconut milk
- 1/3 cup erythritol (or other zero calorie sugar substitute)
- 1/4 tsp of vanilla extract
- Cinnamon to taste
- 5 Tbs of coconut flour

Directions:

1. Preheat the oven to 350°
2. In a bowl, mix all of the wet ingredients until well blended
3. Add the cinnamon and flour to the bowl mix and then let it sit until the batter thickens (5-10 minutes)
4. Spray a muffin tin or put in paper cups and pour the batter in
5. Bake for 20 minutes or until done
6. Serve warm or let them cool and enjoy!



PT&Me Featured Article: [February is Heart Health Month](#)