

north valley

community connection

Is Back and Neck Pain Ruining Your Day?

Stress Management in the Workplace - How Can We Learn to Relax?

By Carla Kazimir, PT

As a physical therapist we see many clients that are overburdened at work or with other life stressors that come in with chronic pain that has become acutely painful. Envision the many people that are hovering over their desks for 8 plus hours a day and their long commutes each way to work.

Many complain of radiating pain down their legs or down their arms. Their upper traps are like rocks and they just think there is nothing that can be done. Chronic pain and stress unfortunately can contribute to high blood pressure and heart disease which can cause a whole host of problems if not dealt with properly in the early stages.

In our clinic, initially we will get these people on some moist heat to their neck and full back. We utilize electrical stimulation to their aching muscle spasms which contracts and relaxes those muscles in a rhythmic fashion. The moist heat increases circulation to the area and the electrical stimulation

fatigues out those muscles so they are forced to let go and relax. We then massage out the rest of the tension and often times instruct on deep breathing exercises that can and should be repeated frequently during the day so it can become a habit that can carry you through the stressful times.

We analyze strength and flexibility so that we can offer a posture correction, conditioning and stretching program. Periodic physical therapy treatments and a home/workplace stress management program consisting of stretching and conditioning exercises can make a huge positive impact on the life of the chronic pain patient.

These treatments are often covered by medical insurance and we offer a very attractive cash based introductory offer to sample some of our most popular back treatments as part of our Holiday Stress Buster program for Chamber members and their friends and family. If you know someone that has

stress related pain please consider the gift of good health this year.



If you have an insurance benefit for physical therapy that has not been utilized in 2012 you may want to take advantage before the end of the year. Call our office for insurance verification of coverage.

Please email us at Carla@NorthValleyPT.com or call us at 818-217-4868 to get more information on our Holiday Stress Buster program. North Valley Physical Therapy is located at 11858 1/2 Balboa Bl Granada Hills, Ca 91344 in the Knollwood Shopping Plaza. Carla Kazimir PT has been treating patients for over 25 years. We are Medicare Providers and in network with Blue Shield. We bill all private insurances