



THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



Don't Let Holiday Stress Become a Pain in the Neck!

Have You Been Noticing Neck Pain or Headaches This Holiday Season?

It is no secret that the holiday season can be a real headache - and can also lead to them!

The increased stress that we all feel around the holidays can cause the muscles around the neck and shoulders to tense up, resulting in neck pain and stress-related headaches.

At [Zenith Physiotherapy](#), we want to make sure that you are comfortable and pain-free this holiday season, so you can take some time to relax amongst all of the hustle and bustle!

If you notice yourself experiencing neck pain or headaches, don't hesitate to contact us today to consult with one of our dedicated physiotherapists.

How can physiotherapy help relieve my neck pain and headaches?

Neck pain and headaches commonly stem from tension in the upper back, neck, or shoulders. Headaches can also develop due to dehydration and stress, so make sure you are taking time to drink water and allowing yourself to relax while you're running around this holiday season!

A physiotherapist can help relieve any built-up tension in the affected area of your body through manual techniques and targeted exercises/stretchers. They can also help with posture training and relaxation techniques if posture or stress is the culprit of your neck pain/headaches.

Physiotherapists are movement experts who can assess the area(s) that are bothering you and design a personalized treatment plan for your specific needs - so you can get back to enjoying time with your loved ones, without worrying about pain.



Unit 309, 800 Yankey Valley Blvd. • SW Airdrie • 1-403-768-2747 • zenithphysio.com

REQUEST APPOINTMENT

How can I get started?

If you have been noticing pain this holiday season and you're looking for relief, [Zenith Physiotherapy](#) is here to help. Don't let persistent neck pain or headaches ruin your joy this holiday season - schedule your consultation today to get started on the first steps of your treatment plan!



Zenith Physiotherapy and Wellness Clinic

Unit 309, 800 Yankey Valley Blvd.
SW Airdrie

1-403-768-2747

Office Hours:
Monday - Friday: 8 AM - 8 PM
Saturday: 9 am - 2 PM
Sunday: Closed
Statutory Holidays: Closed

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Exercise Essentials

Try this movement if you are experiencing neck pain.

Levator Scapulae Stretch

Sit in a chair with the hand on the side of the neck to be stretched beneath you. (Alternatively, you can grab under the chair.) Use your free hand to gently pull your nose down toward your armpit so as to give your neck an extra stretch. Hold for 5-10 seconds before relaxing the muscle for another 5-10 seconds. Repeat 2-3 times.



NO-BAKE CHOCOLATE PEPPERMINT BALLS

Ingredients:

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter (use SunButter or nut-free)
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy-free chocolate chips (optional)

Directions:

Put everything except the candy cane or cacao nibs, chocolate chips, and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well-mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow batter to chill in the fridge while you clean up, then roll into balls.