



FIND RELIEF FOR RADIATING NECK AND HEAD PAINS

Spring has sprung! It's time to get outside and begin enjoying the nice weather after being inside during the colder months.

If you're experiencing neck pain or headaches, however, you may not be as excited to get out in the fresh air! After all, it's hard to enjoy outdoor activities when you're in pain.

When dealing with radiating neck and head pain, it is important to remember that there are options available to you at [Zenith Physiotherapy](#) for pain management and relief!

Give our clinic a call today to schedule an appointment!

Are You Experiencing These Symptoms?

Some common symptoms that may signal it's time for you to see a physiotherapist for an assessment of your neck and/or triggers for your headaches are:

- Numbness or tingling into the upper extremities

- Chronic headache pain (at least 15 days per month)
- Arm weakness
- Inability to fully stand or sit up straight
- Stiffness and muscle tightness in the upper body
- Difficulty turning your head from side to side
- Loss of sleep due to pain
- Poor posture

A physiotherapist can pinpoint the root cause of your neck pain and stiffness, as well as determine what kind of headaches you're experiencing.

Physiotherapy Can Help You!

Physiotherapy is a safe, natural, and effective solution for patients living with neck pain and headaches.

We'll develop a treatment plan for you so that you can get back to feeling your best. In your sessions, you'll be taken through moves that build strength and flexibility.

Our treatment plans focus on relieving pain by strengthening neck muscles to alleviate strain, which can reduce the severity and regularity of your headaches. Stretching the muscles that have grown tight along the back of your neck and those along the shoulders can help you find relief from the tension that is causing your pain.

Call Zenith Physiotherapy today so we can help you quickly find relief from chronic neck pain and headaches. We'll address the symptoms you're experiencing and help you learn how to prevent them in the future!

To schedule an appointment, just click here.

3 Reasons to Dive into Spring Cleaning

Spring is the perfect time to get rid of old clutter and make your home feel fresh and new! Here are three reasons to dive into spring cleaning:

1. A clean home benefits your immune system. Mold, dust, and pet dander can build up in your home during the winter months when there is less air circulation. A thorough spring cleaning helps to air out your home, preventing respiratory problems.

2. Cleaning can be a real workout! Spring cleaning can help you get active by sweeping the floors, scrubbing tile, and moving furniture. Exercise has many advantages, including stress reduction and improved heart health.

3. It helps with concentration and mood. Studies have shown that people who clean their homes are more productive, have better moods, and are more likely to be happy. The cleanliness of the house also has a significant impact on mental health.

[Book Your Appointment Online Now](#)
We can't wait to see you!



**SPRING INTO ACTION!
CALL ZENITH TODAY!**

**Zenith Physiotherapy and
Wellness Clinic**

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SW Airdrie

1-403-879-8178

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



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Exercise Essentials

This exercise helps your neck pain.

Sitting Cervical Side Bending

Start by sitting upright in a chair with your low back supported. Tuck in the chin to straighten the neck. Place your left hand over the top of your head, with fingers pointed towards the ear. Keep right hand on the back of the neck as support. Bend your neck to the left, allowing your left hand to assist you going deeper into the motion. Hold for 2 seconds and repeat.



TASTY RECIPE CHOCOLATE SHAMROCK SHAKE!



What You Need:

- 1 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- Scant 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- Sweetener of choice, (as desired)
- Chocolate chips, (optional)

Directions: Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!