

SPORT & SPINE PHYSICAL THERAPY OF WINONA, INC.

# SPORT & SPINE SPECTACULAR

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## MIGRAINES AND PHYSICAL THERAPY

Migraine headaches are still a fairly mysterious condition. There are many different triggers for a migraine, including stress, eyestrain caused by constant glare, and hormones in both men and women. One of the more common migraine triggers is neck strain. Prolonged awkward postures, such as sitting too close to the screen in a movie theater or slumping in front of a computer for hours at a time, and repetitive motions such as raking or painting, can cause extreme pressures in the neck muscles. Muscles, ligaments, discs and joints within the neck are all capable of causing a headache. The good news is that headaches that are being caused by these structures in the neck can be managed and eliminated with the right treatment.

Physical therapy approaches treatment by specifically treating the part of the neck that is responsible for the symptoms and then addressing the underlying causes of the headache. This can range from educating the patient on improving their workstation setup to working on strengthening and stretching exercises that will decrease the stress being placed on the neck. Physical therapy can help ease tension in the neck, shoulders, and back that you didn't even realize was there.

If you suffer from headaches or migraines and would like relief, please call our office at 474-6900 to make an appointment.

## E-NEWSLETTER

Sport & Spine Spectacular is now available online at [www.sportspine.com/ewsletter\\_signup/index.php](http://www.sportspine.com/ewsletter_signup/index.php) (Requires Adobe Reader)



## FEEDBACK

What do you think of the Sport & Spine Spectacular? Tell us! We have a survey available online. We appreciate your opinion!

E-mail [abarrett@sportspine.com](mailto:abarrett@sportspine.com) to receive our newsletter in your inbox!

## CARE TO SHARE

We're bringing back our Care to Share program! If you refer someone to Sport & Spine Physical Therapy and they begin a program of treatment with us, you and your friend will BOTH be entered into a drawing to win FREE movie tickets from Winona 7 Theaters, just in time for the summer movie season! If you know someone who could benefit from physical therapy, tell them about us. We want to help you and your friends return to a pain-free lifestyle!

## A STORY OF SUCCESS

"Back in January of 2007 I hurt my back at tennis practice and the pain wasn't going away at all. It was affecting everything I did from tennis to just getting out of a chair, so after a few weeks I started coming to Sport & Spine. It took a long time, but with the help from everyone here, especially Karla and Dennis, I am now almost fully recovered. Everyone here is great and they really helped me. Thank you all so much!" - Mary H.

## STAFF NEWS

### WELCOME, MELISSA!

Sport & Spine Physical Therapy is pleased to welcome our newest employee and new Income Manager, Melissa Brevig. Originally from Florida, Missy moved to the area in 2002 and attended Turkey Valley High School in Iowa. In her spare time, she loves to play outside with her two kids, Madison, age 2, and Kylie, 6 months. Melissa started at Sport & Spine as Melissa Novotny on April 17th, just 11 days before she got married on April 28th! Congratulations Melissa, and welcome to Sport & Spine!

### GOOD LUCK, AMY!

Amy Bickler has been our Income Manager since February of 2006. After almost a year and a half with us, she has accepted a position with Hormel Meats in her hometown of Austin, MN. We wish her good luck at her new job!

## HEALTH & HAPPINESS AT YOUR DESK

The sun is shining, the breeze is whispering through the trees, it's a beautiful day...and you're stuck at your desk. Try these tips for a happier day at the office.

**Drink water.** Did you know dehydration can make you feel sluggish and depressed? Be sure to drink plenty of water throughout the day. Drink enough to satisfy your thirst, and then some. Consider replacing your soda and juice with water, too.

**Walk it off.** Take a break from sitting at your desk in the stale office air and go for a brisk walk around the block. Just 10 minutes is all you need to clear your head and feel revived.

**Eat healthy snacks.** Mineral-rich mini meals will give you plenty of power to stay focused and alert all afternoon. Try this mood-boosting recipe: mix walnuts, almonds, lightly toasted pumpkin seeds and raisins together in a large container for a week's worth of snacking.

**Make a 3-task-to-do list.** A mile-long list of things to do each week can make you feel overwhelmed and anxious. Instead, allow yourself to feel a sense of accomplishment every day by creating a more manageable 3-task-to-do-list. You'll be surprised at how much more you get done by shortening your list!

**Try a Spinal Twist.** Get a feeling of calm and serenity with two easy yoga poses that can be done while sitting at your desk:

Cross one leg over the other and place the opposite hand on your top leg.

Gently twist your upper body in the opposite direction of your top knee, using your hand on the back of your chair for leverage.

Take a few slow deep breaths in this position.

Change sides and repeat.

## FUN FACTS ABOUT MOTHER'S DAY

- Mother's Day was first celebrated in the United States in 1907, making this year the 100th Anniversary of Mother's Day! It has always been celebrated in May, but it wasn't until 1914 that the US Congress designated the second Sunday in May as Mother's Day.
- Mother's Day was originally created in 1870 to be celebrated by women's peace groups, especially by mothers whose sons had died in the Civil War.
- In almost every language in the world, the word for "mother" begins with an "M".



In 1948, the General Assembly of the United Nations adopted & proclaimed the Universal Declaration of Human Rights.

### Human Right #5:

#### NO TORTURE

*Nobody has the right to hurt us or torture us.*

### Human Right #16

#### THE RIGHT TO A FAMILY

*Every adult has the right to marry and have a family if they want to.  
Men and women have the same rights when they are married, and when they are separated.*

(507) 474-6900

Winona, MN 55987

350 East Sarnia

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