

# The Stay Healthy El Paso Newsletter June 2020



*We Help People In El Paso Keep Active, Mobile  
& Healthy While Avoiding Unnecessary  
Injections & Surgery*

## Top 3 Signs Of Neck Arthritis

If you find that you have a stiff, achy neck, and you have trouble turning it, it's been bothering you for a while now, you may be wondering if it could be Neck Arthritis. In this article, I would like to share with you the top 3 Signs to look out for that can give you some clarity if your neck problem may be related to osteoarthritis, commonly known as arthritis. It's a little different from rheumatoid arthritis and psoriatic arthritis, there are many different variations of arthritis. But the most common one, by far, is osteoarthritis.

### #1 Consistent Neck Stiffness

The way this looks, and feels is, that if you turn your head to one side, and it just doesn't go as far as the other side. The one side turns well and the other one not so good, or both are limited, that happens occasionally too.

You find that over the past year or several years, your neck stiffness has increased, and you can't turn as far as you used to. You may also notice the stiffness most when you drive, and you check your blind spots to change lanes, or turn. You just can't go as far. You may find yourself twisting your back more. If you have had consistent stiffness like this, it may not hurt at all, it just may feel as if you can't go as far. If this has been happening for more than three months or longer, maybe even years, then there is a high likelihood that you may have a neck arthritis problem.



### #2 Shoulder Pain

Commonly, we see people who have neck arthritis, that also develop shoulder problems. Occasionally they have a bad one, such as a rotator cuff tear, impingement problem, a nerve issue that comes off their neck and begins to affect their shoulder. But they often complain about shoulder pain. Especially when they lie on that side or use the arm – and it's not always on the side that they are limited to.

In other words, if you have trouble turning to the right, you would think that it's always going to be the right shoulder, and it does happen more often than not. But it can affect the other shoulder, especially if it's a nerve related issue. Because if the nerves are affected in the neck, it's a right side, or a left side of problem, it can affect the nerves on the opposite side as well.

### #3 Trouble Sleeping At Night

If you have been trying different pillows, different mattresses, different sleeping positions, and you just have restless nights, losing hours, and hours of sleep weekly, because of the stiff neck problem, there is a very high chance that you have arthritis developing in your neck joints.

This is most often, not a pillow problem, and not a mattress problem. Getting a better pillow or mattress, may take the edge off, and may allow you to get a little extra sleep, but it's not going to cure the neck arthritis problem for the long terms.

# Common Client Concerns

*I'm afraid to check my blind spot when driving...*

*I've tried so many different pillows and my neck still hurts...*

*I'm losing sleep every night because I can't get comfortable with my neck and shoulder problem...*

*I have painful knots in my shoulders every day that make me miserable...*

*I have to take pain medication because my neck and shoulders are burning at the end of every day.*

*Do I have a pinched nerve in my neck?*

*Is it possible to have a bulging disc in my neck?*

*Will I need to have surgery?*

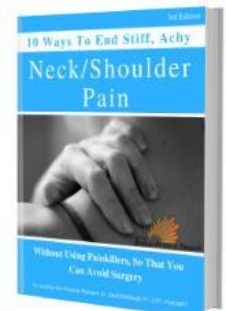
*Is it normal for my arm and hand to get numb, tingly and even painful?*



## **Grab Your Copy Of Our Popular Neck & Shoulder Pain Guide**

Why put off NATURALLY treating Neck & Shoulder Pain? You can request the "10 Ways To End Stiff, Achy Neck & Shoulder Pain" right now.

Visit us at [www.EpManualPhysicalTherapy.com](http://www.EpManualPhysicalTherapy.com) or call us at **915-503-1314** to request your copy.



You may be wondering "What do I do? If I have neck arthritis, if I have some, or even all these signs, what do I do next?"

Here at El Paso Manual Physical Therapy, we help people with neck arthritis all the time! There can be many different factors that contribute to the neck arthritis problem, which makes it difficult to determine what is going on in your neck without knowing all the factors. We would need to do a proper assessment, where we would feel the joints, look at the nerves, your muscle strength, your ligaments, also if you have done any sort of MRI or X-Rays, we would need to look at those as well, to see how affected your joints are, to get an idea of what the best course of action would be for you.

It's a matter of getting to the root of the problem. Which, in most cases, is a multi-faceted situation. There are many things to look at, and properly address, so that someone with a severe neck arthritis problem, can find long term, lasting relieve. Without having to rely on pain medications, or resort to painful injections, or having to have a surgery for this neck problem.

If you are interested in getting help by us, we would love to talk more about that. Call us at 915-503-1314 and tell us all about your neck and shoulder problems.

**To schedule Your Free Discovery Session, Contact Us Today!**



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## The Stay Health El Paso Podcast latest episodes:

### **Episode 09: Top Dental Tips For Life with Dr. Philip Buckler DDS**

Dental health is often a topic that is rarely talked about but in today's episode, Dr. David had the pleasure of speaking with Dr. Philip Buckler, a Dentist here in El Paso.

### **Episode 10: Top 6 Reasons For Knee Pain and 4 Ways To Fix It**

In this episode we cover the top 6 reasons people get knee pain (the type that comes on without an accident). A few that we go in depth on are cartilage problems, ligament problems and arthritis problems. We also go over the 4 best ways to start fixing knee problems.

### **Episode 11: Meniscus Tears - Everything You Need To Know**

We've had lots of clients in the clinic, over the past few weeks, coming in with knee problems and they specifically have meniscus involvement. In this episode, Dr. David talks more about some of the most common questions patients have in regard to meniscus, and meniscus tears.

### **Episode 12: Knee Pain Treatment Options - An Exhaustive Talk**

When you are dealing with knee problems, you may not want to go see a specialist right away. Maybe you want to try a few home remedies first to see if you can get a handle on your knee problem. In this episode, Dr. David talks more about different at home treatment options and home remedies that you can try on your own.



## **28 Day Knee Health & Wellness Boost Program Now Available!**

The 28 Day Knee Health & Wellness Boost Program is designed for people with concerns about their knee health.

Specifically, it is designed to help people keep their knees healthy so that they have the best chance at avoiding unnecessary knee surgery, knee injection, or having to rely on pain medications in the future.

This wellness program guides people through exercises and stretches that target key body parts that have the greatest potential to prevent knee conditions like arthritis (osteoarthritis), meniscus tears, ligament injuries, cartilage problems, and many more knee conditions.

The people that will benefit from this program the most are those with a family history of knee problems, those that suspect they are at risk for knee injuries, or people that want to be sure to keep their knees healthy as they age. Contact Us For Details 915-503-1314

**Visit [www.StayHealthyElPaso.com](http://www.StayHealthyElPaso.com)**

**To schedule Your Free Discovery Session, Contact Us Today! 915-503-1314**

## **We're gifting 3 new Amazon Alexa Speakers (\$200 value)!!!**

Put us in touch with your friend, or family member that needs to get back to being active, healthy and mobile, while avoiding unnecessary surgery, injections and medications

When your loved one gets in touch with us, and mentions YOUR NAME, we'll make sure you get into this raffle.



### **Here are the rules for the raffle:**

- We'll enter 1 ticket on your behalf, if you can give your loved one a nudge to get in touch with us and mention YOUR NAME.
- You'll get 5 more tickets when they come to their first visit with us.
- You'll get 5 tickets if they decide to get a massage with us
- If they start treatment with us, you'll get 10 more tickets.
- Anyone can join the raffle.
- No limit on the number of people you can put in touch with us.

**The lucky winner will be drawn on Tuesday, June 30th, 2020**

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## **Spinach Quesadillas Recipe**

### **Ingredients:**

Serves 4

- 3 ounces fresh baby spinach (about 4 cups)
- 4 green onions, chopped
- 1 small tomato, chopped
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1/4 teaspoon garlic powder
- 1 cup shredded Mexican cheese blend
- 1/4 cup reduced-fat ricotta cheese
- 6 flour tortillas (6 inches)
- Reduced-fat sour cream, optional



### **Directions:**

1. In a large nonstick skillet, cook and stir first 6 ingredients until spinach is wilted. Remove from heat; stir in cheeses.
2. Top half of each tortilla with spinach mixture; fold other half over filling. Place on a griddle coated with cooking spray; cook over medium heat until golden brown, 1-2 minutes per side. Cut quesadillas in half; if desired, serve with sour cream.

*(Source TasteOfHome.com)*

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## **Contact Us**

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