



Everybody thinks a serious headache is a migraine. But in fact, it might not be—and physical therapy could bring surprisingly quick relief.

What's Causing Your Headaches?

Most of us will probably experience a headache at least once in our lives. They can range from a minor twinge of discomfort, to a pain so debilitating that you can barely leave the house. There are many causes of headaches, and while most aren't life-threatening, they can be life-altering. That's where physical therapy can help.

The International Headache Society identifies many causes for headaches that can be addressed with physical therapy, **including:**

- neck trauma (such as whiplash from an auto-accident)
- jaw disorders
- neck dysfunction

Muscle tension, dizziness/vertigo, disc pathologies, lack of neck motion, and posture can all contribute to your headaches and are usually treatable through physical therapy. Additionally, many patients who come to physical therapy for such pathologies are also experiencing headaches and often don't know that the two may be connected.



Breaking the Cycle

Physical therapy is definitely worth trying when headaches are too often a part of your everyday life. Treatment can be extremely effective and work quickly to resolve your symptoms. But how do you know if physical therapy can help you?

How often do you:

- wake with a headache
- get a headache after sitting for long periods of time at your computer
- note stiff neck pain or soreness along with your headache
- grind your teeth at night
- feel tender or sore "knots" in the muscles of the neck, upper back, and shoulders
- note that your jaw/shoulders "clench" when under stress or with prolonged work
- sit most of the day

If you answered yes to any of these questions, physical therapy may be able to offer relief! Through stretching and targeted exercises, we'll work to relieve the tension in your muscles, realign your spine, and condition your body to prevent the headaches.

TENSION

VERSUS

CERVICOGENIC

COMPARING 2 TYPES OF HEADACHES
TREATABLE WITH PHYSICAL THERAPY

TENSION	CERVICOGENIC
PAIN CHARACTERISTICS	
dull or aching; sensation of tightness	steady pain (does not throb); increases with neck movement
LOCATION OF PAIN	
on both sides and diffuse	on one side and does not move
ASSOCIATED SYMPTOMS	
occasional decreased appetite, phonophobia, or photophobia	absent or similar to migraine but milder; decreased neck motion

Headache & (FREE!) Neck Pain Clinic

March 27th • 5:30 pm

Call to reserve your spot: 308.872.5800