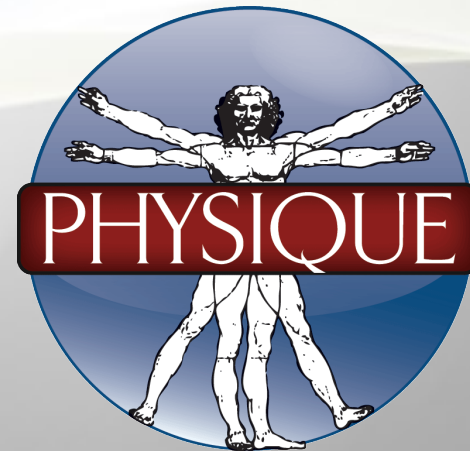


HEADACHES & MIGRAINES

Medication Free Relief



SUFFERING MIGRAINES?

Physio Can Help.

Physiotherapists are able to assess, diagnose and treat your headaches through manual therapy modalities including soft tissue mobilisation, joint mobilisation and dry needling.

These types of therapies are aimed at correcting dysfunction around the muscle or joint which is causing pain.

Therapists are also able to provide self-management plans and exercises to ensure maintenance of results and prevention against future headaches.

Although all headaches are associated with pain, not all present the same or because of the same problem. The therapist will create a tailored exercise and treatment regime to meet the individuals' needs and ensure that the correct areas are targeted.



DON'T SUFFER ANY LONGER!



Unfortunately for many, medication is most commonly used to treat sufferers, however it has been shown that migraine symptoms can be effectively treated with Physical Therapy.

What Should You Do?

If you find that your headaches are brought on through stress, work or poor posture, visit your local Physiotherapist for a review.

If you do not normally suffer from headaches but you have recently been suffering a migraine for more than 24 hours with no relief, you suffer more than 3 headaches a week or you're unsteady on your feet or your arms or legs have altered sensation, see your GP.

WHAT IS A HEADACHE?

Because there are no pain receptors within the tissue of the brain, pain and headaches are caused by the disturbance of pain sensitive structures surrounding the brain. There are nine areas within both the head and neck responsible for pain reproduction and referral causing headaches: the Membrane that covers the skull, Muscles, Nerves, Arteries, Veins, Eyes, Ears, Sinuses and Mucous Membranes.

Migraine

Typically felt only on one side of the head, this headache is often pulsating in nature, lasting from 2 to 72 hours and may be associated with nausea, vomiting and sensitivity to light, sound or smell. 1 in 3 migraine sufferers also experience an 'aura' during which they experience visual, sensory, language or motor disturbance which signals that the migraine will occur soon.

Cervicogenic

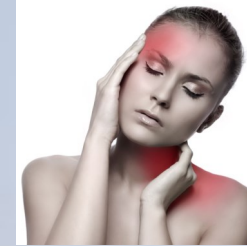
This is a secondary type headache caused by muscle tension, muscle spasm, ligament damage, nerve inflammation or joint pain occurring at the level of your neck and referring into the head. Cervicogenic headache sufferers will commonly

notice tenderness at the base of the skull and in their neck along with neck stiffness or decreased movement. The pain can often be relieved through manual therapy and mobilisation of the correct joints within your neck.

Most commonly migraines are treated with medications; however it has been shown that the symptoms can be effectively treated with physical therapy.

Tension-Type Headache

This type of headache begins as a pain in the back of the head and upper neck and can often be described as a pressure or band like tightness often spreading to encircle the head. It is often



bilateral (both sides of the head) and can vary in intensity and frequency of occurrence, however does not often affect a person's function. These can be treated effectively through

manual therapy and medication.

Cluster

Cluster headaches come in groups (clusters) of daily spontaneous headaches for weeks or months separated by months or years of pain free periods. The pain is typically excruciating and located behind one eye lasting for 30 to 90 minutes. These attacks often occur at the same time every day often waking the person at night.



“GET RELIEF NOW!

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