



A New Treatment Approach to Headache Pain

Headaches

The cervical spine (neck) can refer pain into the head, jaw and face. If the symptoms in your head are coming from your neck, there is a predictable method of abolishing the symptoms, starting with the face/head and working toward the neck. This is called “centralization.”

Headaches arising from muscle/skeletal disorders of the neck, termed “cervicogenic,” are a common form of chronic and recurrent headaches.

Symptoms the Neck Can Produce

- Headache
- Migraine (All Types)
- TMJ (Jaw) Pain/Clenching
- Balance/Gait Problems
- Tinnitus (Ear Ringing)
- Oral-Facial Pain
- Bruxism (Night Grinding)
- Neck Pain
- Mid-back Pain
- Shoulder Blade Pain
- Radiculopathy (Hand/Arm Pain)

Symptoms that Have Not Responded to Prior Treatments

- Tooth Pain
- Ear Fullness/Pain
- Sinus Pressure
- Sinusitis
- Visual Disturbances
- Lacrimation (Tearing)
- Eye Dryness
- Dizziness/Vertigo
- Nausea/Vomiting

What Treatment Do We Offer?

This unique treatment approach focuses exclusively on the neck. First, you will be evaluated by a physical therapist who specializes in treatment of headache pain. Then the treatment program is individually tailored in four specific areas:

- 1. Pain Relieving Exercise Program (PREP);** a simple neck exercise designed to decrease or abolish symptoms when needed.
- 2. Posture Correction;** prescribed to keep your neck and head in pain relieving position.
- 3. Neuromuscular Re-education and Training;** trunk and neck muscles can and will be “retrained” to hold the head and neck in stress-relieving positions throughout the day.
- 4. Education;** you will be taught important information regarding cervical biomechanics, body mechanics, and sleep positions, and how to perform typical daily activities while maintaining a protective cervical alignment.

Treatment may also include any of the following in order to decrease pain and muscle spasms and increase range of motion of neck and upper back:

- ◆ Joint Mobilization ◆ Heat/Cold Treatments

Results

The results come from a team approach. It starts with your referring physician or dentist. The physical therapist will then treat and coach you in this new treatment approach. The most important member of the team is “YOU.” You must be committed to performing your Pain Relieving Exercise Program regularly, maintaining pain relieving postures throughout the day and night, and retraining your trunk and neck muscles.