

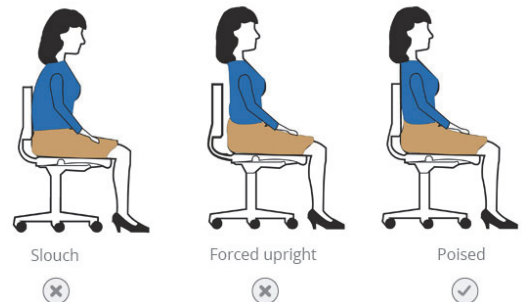
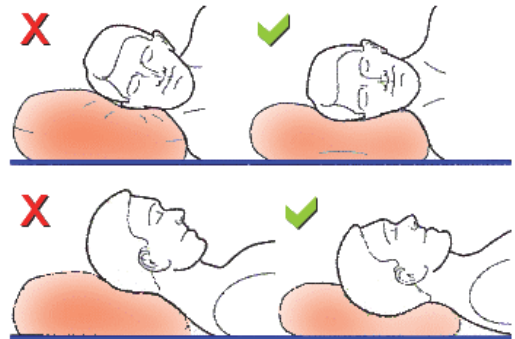
HEADACHES

Some headaches are related to poor posture, incorrect movement patterns and weakness in the neck, mid-back, and shoulders. These types of headaches are usually felt in both the neck and the head, and oftentimes behind the eyes. If you are experiencing these symptoms, you likely have a “tension” headaches, or headaches caused by your neck.



WHAT CAN I DO?

- Keep a headache journal. Make note of how often your headaches are occurring and how intense your headaches are. Also note activities each day, especially time spent at a computer, activities involving a lot of head turning and/or arm use or other possible triggers. Relay these findings to your medical providers.
- Make sure you are sleeping in a neutral position. Avoid pillows that are too large or too thin, and avoid sleeping on your stomach.
- Utilize good sitting posture, especially while working at the computer.
- Avoid leaning to the side while driving, watching TV or working at your desk.
- Avoid big neck stretches, as these will often pull on muscles that are already irritated and contributing to your headache.



WHO CAN HELP?

Physical therapists are highly trained to improve the factors contributing to your headaches. Specific hands-on work to improve movements at joints and muscles, as well as education and strengthening improve posture and decrease the strain on your neck and shoulders. Therapists can also help find comfortable sleeping positions and suggest modifications to improve your computer and/or workstation. Physical therapy can help give you control over your headache symptoms.

2819 Great Northern Loop
Suite #300
Missoula, MT 59808



406-317-1121 (Phone)
406-317-1875 (Fax)

www.greatdividept.com
info@greatdividept.com