

# HEADACHES?

## PROVEN SUCCESS WITH PHYSICAL THERAPY

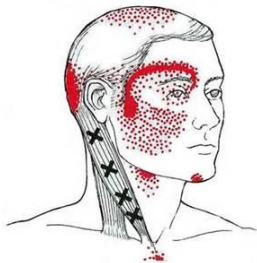
Headaches can be particularly challenging diagnoses to address. Headaches lead to a significant decline in quality of life; however, improvement from skilled physical therapy intervention can help. Many factors can cause headaches; however, the following clinical findings can indicate patients that will likely benefit from physical therapy.

Signs and symptoms of a cervicogenic headache:

- Unilateral headache symptoms
- Tenderness in the neck muscles that is asymmetrical
- Headaches that increase while working, sitting, and moving the head/neck
- Headaches following a motor vehicle accident or other whiplash disorder
- Headaches with associated neck and/or shoulder pain
- Decreased neck range of motion in flexion/extension or rotation<sup>1</sup>
- Pain upon awakening

The physical therapists at Great Divide Physical Therapy are highly trained in evaluation, differential diagnosis, and treatment of mechanical neck dysfunction associated with headaches. Specific methods to address joint and soft tissue contributions, as well as strengthening and postural exercises<sup>2</sup>, are very effective at improving headache symptoms.

If you have further questions or specific patients you feel would benefit from this treatment, please do not hesitate to contact our clinic. One of our physical therapists would be happy to discuss treatment techniques and options.



**“Potential Headache Patterns”**

<sup>1</sup> Gadotti, I., Olivo, S., & Magee, D. (2008). Cervical musculoskeletal impairments in cervicogenic headache: a systematic review and a meta-analysis. *Physical Therapy Reviews*, 13(3), 149-166.

<sup>2</sup> Mintken PE, Cleland J. (2012). In a 32-year-old woman with chronic neck pain and headaches, will an exercise regimen be beneficial for reducing her reports of neck pain and headaches?. *Physical Therapy*. May;92(5):645-51.